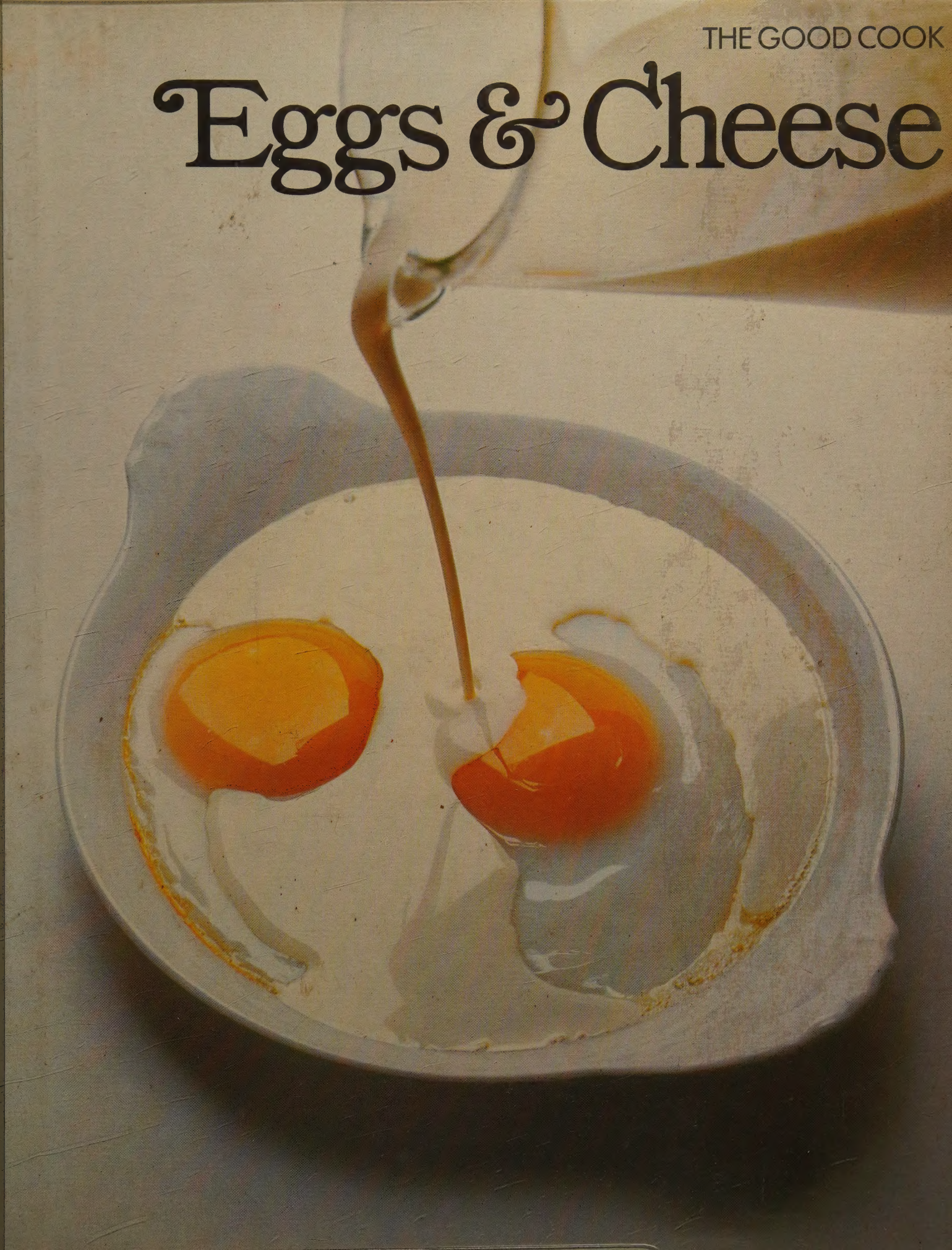
THE GOOD COOK

Eggs & Cheese



Eggs & Cheese

by
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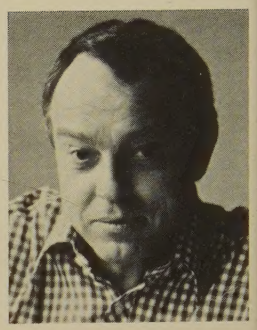
Cover: Mid-way through the cooking process known as "shirring" (*page 21*), cream is poured over two eggs that have been lightly set in a little butter on the stove-top. The upper layer of white is still semi-liquid; to cook it through, the dish will go briefly into a hot oven.

THE CHIEF CONSULTANT:



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CONTENTS

INTRODUCTION 5 — A culinary partnership/A guide to egg quality/The art of making a fresh cheese/A guide to soft cheeses/A guide to hard cheeses/A lexicon of European cheeses

WHOLE EGG COOKERY 19 — 1 — The basic methods/Fast cooking in shallow fat/Deep frying: high heat for crisped whites/Boiling for shelling/Poaching: cooking by immersion/Baking: coping with all-round heat

WHOLE EGG PRESENTATIONS 31 — 2 — From the elementary to the elaborate/A repertoire of basic sauces/Garnishes that furnish body and flavour/An appetizing array of cases/Assemblages: combinations without limit/Stuffing and dressing hard-boiled eggs/Integral sauces that counteract dryness/Croquettes: crisp yet moist/A glistening coating of aspic

SCRAMBLED EGGS AND OMELETTES 49 — 3 — Enticing possibilities from beaten eggs/An unhurried approach to scrambling/Extensions of an elemental technique/Rolled omelettes: masterpieces in a moment/Finishing with a filling/Separating yolks and whites for a soufflé effect/Flat omelettes, thick and thin/A filled sandwich finished in the oven/Improvising gratins

CHEESE COOKERY 69 — 4 — A diversity of savoury dishes/Baking moulded custards/Contrasting layers fused in the oven/A choice of pastry cases/A classic cheese soufflé/Wrapping a filling in flavour/Twice-cooked soufflés enriched with cream/Fondues: molten and mellow/Surprise parcels with savoury centres/Putting leftovers to good use

ANTHOLOGY OF RECIPES 87
Whole eggs 88
Beaten eggs 113
Cheese 141
Standard preparations 165

RECIPE INDEX 168

GENERAL INDEX AND GLOSSARY 172

RECIPE CREDITS 174

ACKNOWLEDGEMENTS AND PICTURE CREDITS 176

A Culinary Partnership

Eggs and cheese are intimate culinary companions, cooked together in innumerable dishes that range from simple omelettes to the airy soufflé shown in preparation opposite. Complementary in flavour, eggs and cheese are equally matched in their high nutritional values, for both eggs and the milk from which all cheese is made are designed by nature to be complete foods: eggs for the unborn chick, and milk for the infant mammal. They are also ubiquitous—the most important produce of farmyard animals in the Western world.

This book explores savoury egg and cheese cookery. A guide on page 8 explains how the freshness, size and quality of eggs are gauged. On the following pages, a step-by-step demonstration of the home manufacture of a simple curd cheese explains principles common to all cheese-making; the remainder of the Introduction presents the world's best-known soft and hard cheeses.

The first three chapters of the book deal with egg cookery. Beginning with the basic methods of preparing whole eggs—by frying, poaching, boiling and baking—these chapters go on to show how whole eggs are assembled with other ingredients into elaborate dishes, and continue by illustrating the arts of scrambling and omelette-making. The final chapter of this section of the book features a range of dishes, from pies to fondue, in which cheese is the principal element. The second half of the book is an Anthology of over 200 great egg and cheese recipes.

The marvellous egg

Eggs invite eulogy. They are always at hand and only a matter of minutes need separate the larder from the dinner table. They provide snacks, hors-d'oeuvre and main courses with equal facility; served peeled or in their shells, they have an unrivalled beauty of form. Not least, eggs are so valuable a foodstuff that their protein is used by food scientists as the yardstick against which all other edible proteins are measured.

Eggs have been part of man's diet from the earliest times. Wild birds' eggs were no doubt a source of sustenance for primitive man, as they are today for the last remaining hunter-gatherers. As early as 2500 B.C., however, the domestication of fowl began to ensure a more predictable supply, and since that time, the common domestic hen has been carried to every corner of the globe. The birds are easy to rear and by nature prolific layers; selective breeding has helped to boost their output to 200 or more eggs in a year—compared, for example, with the 15 to 30 eggs laid annually by a goose.

Until this century the free-running farmyard hen was the only source of domestic eggs. But in 1920, battery farming started in the United States and spread from there to Europe. In the course of half a century, it has revolutionized poultry rearing. In the battery system, large numbers of hens are kept indoors in confined spaces; temperature and lighting are carefully controlled, and the birds are fed a supervised diet of commercially produced chickenfeed—a blend of cereals and soya with added vitamins, proteins and minerals. Under these regimented conditions, egg production per bird has more than doubled.

Mass egg-production has its drawbacks: few cooks would dispute that grain-fed birds, allowed to range freely, lay eggs with a richer, finer flavour than those of battery hens. Eggs produced by hens fed on grass or corn usually have dark-coloured yolks, but since the same effect can be obtained by adding pigments to the diet of battery birds, the yolk's colour is not an absolute guide to an egg's quality. (The colour of the shells has no relevance at all to the value of an egg. Shell colour is related to the breed of hen, and cooks' preferences for brown or white eggs reflect nothing more than local habit and prejudice.)

However it has been produced, a fresh egg will contain a well-centred yolk, surrounded by a viscous white. More than five-sixths of the egg white is water; the remainder is virtually pure protein, in the form of the transparent substance known as albumen. It is the albumen that traps air in a stable foam when the white is beaten—a quality exploited to the full in soufflés. The egg yolk contains rather more protein than the white, as well as vitamins, minerals and a plentiful supply of fat.

The proteins of both white and yolk thicken and solidify when heated—but at slightly different temperatures. The white starts to set at about 60°C (140°F), whereas the yolk remains liquid until about 65°C (150°F) and does not set firm until 70°C (160°F) is reached. This small difference largely accounts for the astonishing variety of textures that good cooks can obtain from eggs. The effects are most obvious in whole-egg cookery, where the aim is usually to produce a firm white surrounding a much softer yolk. But in beaten egg cookery, too, texture is all important; the textural range of a single omelette, for example, might include a creamy liquid, light curds and a crisp exterior.

Other edible eggs

Hens' eggs constitute the great majority of eggs eaten in Europe today, and this book is primarily concerned with them. However, goose, turkey and guinea-fowl eggs are all also available from time to time, and can be substituted for hen's eggs in most recipes, provided that quantities are adjusted to take account of the eggs' varying sizes; while the average hen's egg weighs about 60 g (2 oz), goose, turkey and guinea-fowl eggs average 200 g (7 oz), 90 g (3 oz) and 30 g (1 oz) respectively. Duck eggs, which average 90 g

(3 oz), require special care. Because they are often laid in muddy places that make them liable to bacterial contamination, they require lengthy cooking. They should be boiled for at least 10 minutes or, better still, used for baking—a method which takes advantage of their relatively high fat content.

Of wild birds' eggs, those of the quail—which is now also bred commercially in several countries—are the most widely available. The cherry-sized eggs, long esteemed as a delicacy, are generally served poached or boiled as appetizers or garnishes. The sale of other wild birds' eggs is either closely regulated or forbidden entirely in most parts of Europe; but delicately flavoured gulls' eggs and plovers' eggs are still available in some areas. Both are smaller than hens' eggs and, like quails' eggs, are normally used as hors-d'oeuvre or garnishes.

The vast variety of cheese

"Cheese is milk that has grown up" wrote the Englishman Edward Bunyard in his *Epicure's Delight* in 1937. He indulged in a little poetic licence; more accurately, cheese is composed of the solids that form in milk as it ages. This ageing is rapid, as evidenced by the rate at which fresh milk sours. Cheese-making is a way of controlling and modifying the process, yielding a product capable of maturing instead of simply decaying.

The first step in cheese-making is curdling—the separation of milk into soft curds and fluid whey. The curds are made up of coagulated casein—the principal milk protein—together with the fat that the casein enfolds. The whey is composed of different proteins, plus sugar, minerals and water. While a few cheeses, such as *mysost* and *ricotta*, are made by heating whey until the solid matter contained in it coagulates, the curds are the usual starting-point for a cheese.

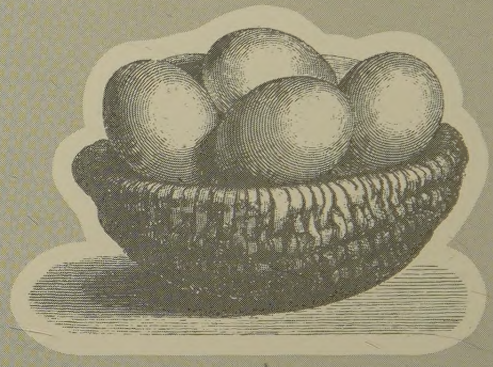
At its simplest, curdling is merely a question of leaving certain bacteria already present in raw milk to flourish; these are the so-called lactic acid bacteria, which are capable of coagulating casein unaided. However, much milk used for cheese-making nowadays is pasteurized—heating briefly to 70°C (160°F) to kill potentially harmful organisms. Since pasteurization kills the useful lactic acid bacteria too, these have to be re-introduced to pasteurized milk destined to become cheese. The bacterial culture added to curdle the milk is aptly known as the "starter".

With or without the aid of a starter, curdling is a relatively uncertain business. For most cheeses other than those of the simplest fresh curd type, another ingredient is added to aid the process. This is rennet—an extract from the stomachs of unweaned calves, sold either as an amber-coloured fluid or in dehydrated form as a powder or tablets. Besides speeding up the separation of the curds and whey, rennet converts casein into an insoluble compound, thus yielding firmer curds.

The traditional procedure for separating the curds from the whey is to allow the curds to rise naturally to the surface of the whey, and then to hang the partially drained curds in a porous container, allowing the remaining whey to drain off *(page 10)*. Although a cloth is normally used nowadays to drain the curds, woven baskets were favoured in classical times, and it is these which have, in many languages, given cheese its name. In Greek, a basket is *formos*, which gave rise to the French word *fromage* and the Italian *formaggio*; the Latin word for basket, *caseus*, became the German *käse*, the Dutch *kaas*, the Spanish *queso* and the English "cheese".

From simple curds, innumerable cheeses grow. Variation is possible even before the whey is drained off. The choice of cow's, goat's, sheep's or other milk, the use of pasteurized or unpasteurized milk, the diet of the animal—which may change seasonally, from rich grass in spring to hay in winter—and the amount of rennet incorporated will all affect the cheese. But it is from the drainage step onwards that the number of possibilities becomes truly immense. The first variable is the way in which the curd is cut during drainage. Cutting the curd into even-sized blocks helps expel whey, and the more closely the curd is cut the more whey will be released. To produce a moist, soft cheese such as Camembert, the curd is cut at wide intervals; to make a hard, dry cheese such as Parmesan, the curd is cut very fine. Sometimes the cut curds are heated; heat encourages yet more thorough separation from the whey, resulting in a harder cheese.

By the time this first drainage is completed, the general



direction of a cheese's development is fixed; but subsequent processing offers additional scope for variation. There is the salting, for instance. Any cheese that is not to be eaten on the day it is drained must be salted to preserve it. The salt may be stirred in with the curds, as it is for cottage cheese; it may be rubbed on to the surface, as in the case of Brie or Camembert; or the whole cheese may be floated in a brine bath—a procedure used, for example, with Emmenthal. Alternatively, some combination of these methods may be used. There is also the final drainage. The new cheese is usually placed in a perforated mould which shapes it and allows further release of whey. Sometimes external pressure is applied to the curds to expel yet more whey.

After these steps, the cheese has been formed into its typical shape. Some cheeses, such as young Livarot, can be eaten at this stage. Most, however, require maturing. In such a case, the cheese is left for weeks or months or years, in an atmosphere whose temperature and humidity are carefully controlled. All the while, it is being altered by micro-organisms inside it and on its surface. These break down some of the proteins and fats, producing substances that will give the cheese its unique flavour and aroma. During the ripening period, the cheese also becomes progressively drier and firmer.

The characteristics of a ripened cheese depend, of course, on the identity of the micro-organisms that act on it. Over the centuries, cheese-makers learnt that certain storage places were populated by micro-organisms that would give particular

results. Some limestone caves in the area south of the Massif Central in France, for example, are rich in the mould *penicillium roqueforti*; a newly made sheep's-milk cheese left in these caves over a period of time acquires blue veins and becomes a true Roquefort. Other environments owe less to nature than to the perennial presence of cheese—for any place where a certain type of cheese is stored regularly will eventually harbour the organisms peculiar to that cheese. This fact partly explains why cheese-making has traditionally been localised, with each region, and sometimes each village, producing its own variety.

Now, however, the relevant micro-organisms can be applied to cheese artificially. Cheese of the Brie and Camembert types, for example, are sprayed with mould to give them their characteristic white surface; cheeses destined to be blue-veined are inoculated with the appropriate mould. Dampening the surface of a cheese at regular intervals with liquids ranging from brine to brandy is another common practice, used to keep the cheese moist and to encourage a different set of organisms to grow.

Technology has given manufacturers more control over the cheese-making process, and has increasingly standardized the quality of those cheeses produced by modern industrial means. Another effect has been to internationalize some of the best-known cheeses. Names that once only applied to the cheese of a small district are now often used to describe a method of cheese manufacture that might be carried out anywhere in the world, with the result that today there are *mozzarellas* made in Scotland and Canada and Cheddar cheeses from Ireland and the United States. For many other cheeses, however, the time-honoured farmhouse production methods have survived virtually unchanged. Such cheeses retain their traditional regional character, ensuring that the almost limitless diversity of the cheese world remains undiminished.

Buying and storing cheese

The best of all ways to buy cheese is in the neighbourhood in which it is produced; for local cheeses are likely to be at their freshest and will not have risked maltreatment during transportation. When it is not possible to buy cheeses where they are made, the next best alternative is a reliable supplier. A good cheese shop will not only have a wide variety of produce on display, but also a fast turnover, ensuring freshness. Its staff will also offer informed advice on the cheeses available, and will cut cheese to order rather than selling it in pre-packaged sections.

The ideal place for storing cheese at home is an unheated cellar or larder, with a constant temperature between 10° and 15°C (50° and 60°F). The traditional storage compartment is a wire mesh cupboard, which allows air to reach the cheese but excludes flies. Cheeses stored in these conditions need only be covered loosely with a cloth, dampened to provide moisture. If it is necessary to refrigerate the cheese, keep it in the least cold part of the refrigerator—usually the bottom or the door compartments. Refrigerated cheeses should be wrapped to prevent them from drying out. Aluminium foil or the original wrapping paper are generally used, although the cheese will in fact keep better in a covering of clean, fresh leaves—vine or sweet chestnut, for example—which provide natural moisture. Always remove cheese from the refrigerator at least an hour before serving it, to allow it to reach to room temperature; chilling mutes its flavour.

When presenting a cheese platter to guests, take care to offer a selection that will accommodate every taste. For a full range of choice, combine a semi-hard cooked cheese such as Cheddar, Cantal or Gruyère, a blue cheese, a goat cheese, a very soft fresh cheese, and a semi-soft cheese of the Camembert variety. The cheese may be accompanied by bread, biscuits or fruit, depending on your own taste and the preference of your guests.

Serving wine with eggs and cheese

Eggs are not normally regarded as suitable partners for wine, though the two can in fact marry very well. Wine is, after all, cooked with eggs for *fondue à la Comtoise* (*page 52*) and such sauced dishes as "Doctor's eggs" (*recipe, page 112*). A dry white wine can be a pleasant companion for an omelette or an assembled egg dish. Because eggs are often used to throw other flavours into relief, the choice of wine will, however, often depend on the garnishes or flavourings incorporated with the eggs. A red wine would, for example, be the logical companion for poached eggs in a red wine sauce (*recipe, page 91*).

By contrast, the gastronomic links between wine and cheese have been, if anything, overstressed. In fact the bouquet of a subtle wine can be killed by a strong cheese, and the flavour of an indifferent one masked—a fact not lost on wine merchants, who occasionally offer such cheeses to prospective buyers before their less presentable vintages are tasted. Blue cheeses, in particular, do not serve red wines well; some people feel that they are best accompanied by a sweet wine, be it port—which in Britain traditionally partners Stilton—or a Sauternes.

A good red wine will fare better with a milder, more delicately

flavoured cheese, such as *reblochon*, Cheshire or Saint-Nectaire. Dry white wines, on the other hand, can happily complement a savoury cheese appetizer, but are rarely served at the end of a meal, when the dessert cheeses are brought out. There are, however, some delightful exceptions. The rich fruit of a Gewürztraminer allies wonderfully with a powerfully flavoured Münster, for instance, and the wine growers of Sancerre happily wash down the local goat cheeses with their fresh and flinty wine. So the field is open to exploration; the process of discovery is likely to be long and happy.

A Guide to Egg Quality

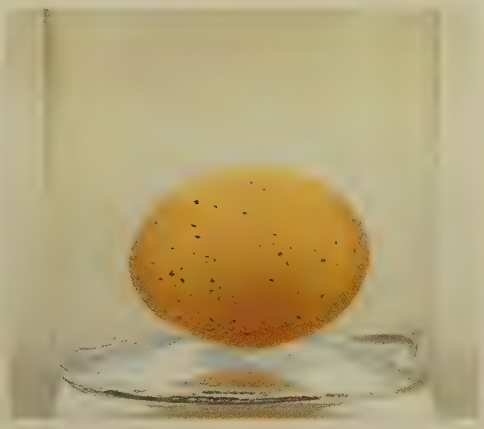
Eggs vary widely in freshness, size and quality. Gauging these factors and understanding their effects is one of the keys to successful egg cookery.

Of the three variables, freshness is the hardest one to assess. EEC regulations—which apply to all packaged eggs—require a date on every box to indicate the week when the eggs were packed (usually a numeric code: week 1 is the first week in January). But eggs may have been laid as much as a week before packing. One way of roughly gauging the age of an egg is to shake it gently close to your ear; there will be no audible movement in a really fresh egg, but you will hear the contents of an older egg shifting inside the shell. Other methods of judging freshness are the flotation test for whole eggs shown in the box below or the dispersion test for broken eggs (*box, opposite page*).

The flotation test depends on the fact that an egg's buoyancy increases with age. A new-laid egg fills the entire shell, except for a tiny pocket of air at the broader end. As the egg ages, however, water evaporates through the porous shell and the air pocket expands. After two to three weeks, the egg will be buoyant enough to stand upright in water. After five to six weeks it will float to the surface; it should then be discarded.

At the same time, chemical changes

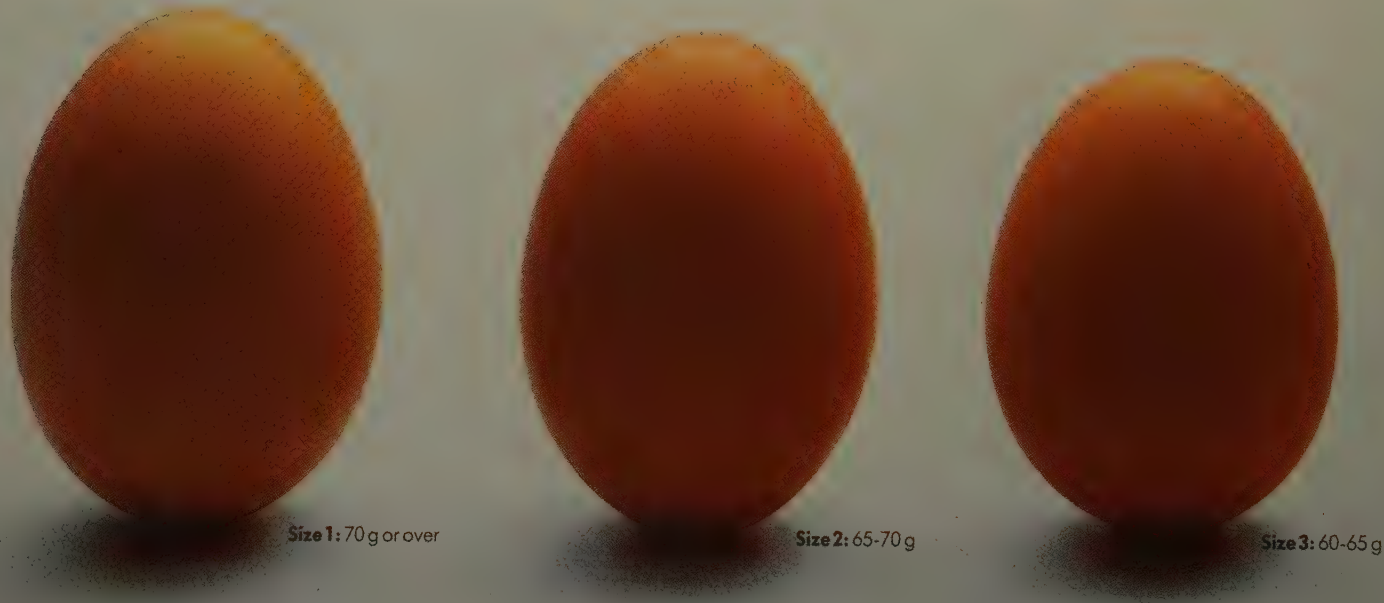
Buoyancy: a Test for Freshness



A new-laid egg. To test the age of an egg, place it in water. A new-laid egg has only a tiny air pocket and is relatively heavy; it sinks and lies flat on the bottom.

A week-old egg. The air pocket, which forms in the broad, rounded end, expands and gives the egg buoyancy. The egg tilts in the water with its rounded end uppermost.

A two-to-three-week-old egg. As the egg ages, the air pocket continues to expand until the egg becomes buoyant enough to stand upright in the water.



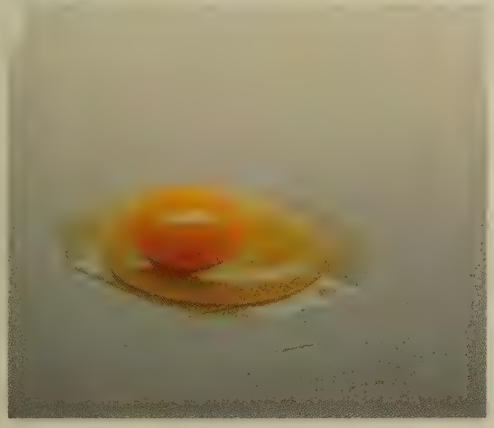
Grading sizes. Eggs are graded by weight on a scale ranging from size 1, the heaviest—70 g (2½ oz) or more—to size 7—less than 45 g (1½ oz).

make both the white and the yolk more fluid. These changes in consistency affect the suitability of eggs for cooking. The firm, well-centred yolks and cohesive whites of fresh eggs are particularly advantageous for poaching or frying. But it is best to use slightly older eggs when boiling for shelling; the contents of new-laid eggs cling so closely to the shell membrane that the eggs are difficult to peel. Eggs that are two to three weeks old, while no less nutritious than fresher eggs, are best used where appearance is not a factor—for baking or in sauces.

Eggs, however fresh, must be stored correctly, in a cool place at a constant temperature—ideally between 7° and 13°C (45° and 55°F)—or in the least cold part of the refrigerator. The pores in their shells make eggs vulnerable to invasion by airborne bacteria and odours; keep them away from strong-smelling foods.

Egg size is regulated by an EEC grading system based on weight (*guide below*); sizes 3 and 4 make up the bulk of those sold. Eggs are also classified according to quality. Class A eggs, the vast majority of those produced, must have clean, undamaged shells and an air pocket less than 6mm ($\frac{1}{4}$ inch) in height. Class B eggs, which may have dirt on their shells, are rarely found in shops. Class C eggs are sold only for commercial food processing.

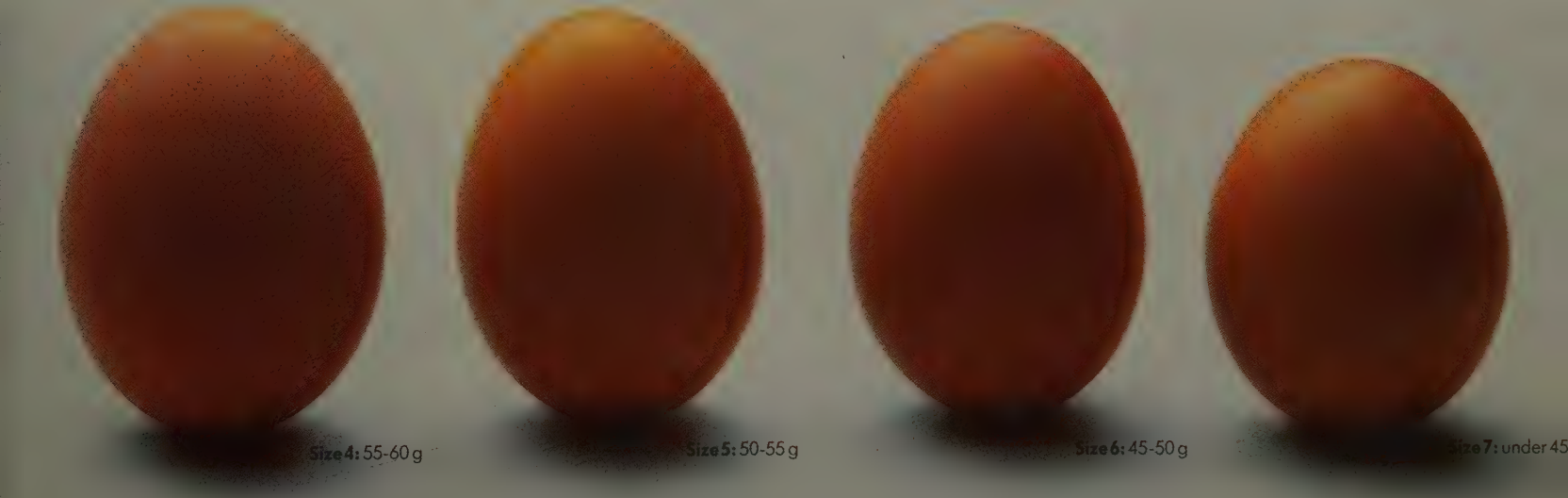
The Effects of Ageing



A new-laid egg. The egg's yolk is compact and rounded. It is held in place near the centre of the egg by a thick, cohesive layer of white surrounded by a small, thin outer layer.

A week-old egg. The thick layer of white becomes progressively more fluid, merging into the thinner white. The yolk moves away from the centre of the white.

A two-to-three-week-old egg. The yolk spreads out and flattens. The egg's white thins to a uniform watery consistency.



Size 4: 55-60 g

Size 5: 50-55 g

Size 6: 45-50 g

Size 7: under 45

The Art of Making a Fresh Cheese

The basic principles of cheese-making apply alike to the simplest fresh cheese and to the varied matured cheeses illustrated on the following pages. By making the fresh curd cheese demonstrated here (*recipe, page 166*), you will gain an understanding of the essential techniques.

The first step in making any cheese is to allow the acid-producing bacteria naturally present in milk to sour and hence curdle it, separating it into curds and whey. Raw milk containing such bacteria is not generally sold in shops; pasteurized milk, which is universally available, has been heated to kill nearly all bacteria, including the acid-producing ones. The few bacteria that remain in milk after pasteurization produce sulphurous compounds that eventually make the milk not sour but putrid.

In order to make cheese from pasteurized milk, you must first reintroduce the appropriate bacteria into the milk. One source is commercially cultured buttermilk, a by-product of butter-making that is thickened by bacterial action. If a small amount of buttermilk is added to warm milk, the bacteria will multiply rapidly and within a day or less will produce enough acid to curdle the milk. If you cannot obtain cultured buttermilk, an alternative but less reliable way of curdling the milk is to add acid in the form of lemon juice or vinegar (*recipe, page 164*).

Once curds have formed, they must be drained of whey—here, by a two-stage process. First they are transferred to a piece of muslin and left in a colander; after most of the whey has dripped through, the muslin is formed into a bag and suspended, so that the curds drain under their own weight. Once they acquire a firm consistency, the curds become a cheese that is ready for eating. If left unsalted, the cheese should be eaten on the day it is made; if salted, it will keep for a few days in the refrigerator.

The curdling and draining demonstrated here, or some version of it, is basic to all cheese-making. But instead of being served fresh, the curds that result from these steps may, for example, then be heated or pressed to expel more whey, packed into moulds, and finally left to ripen under controlled conditions.

1 **Heating the milk.** Heat a pan half-filled with water. Test the water with a dairy thermometer; take the pan off the heat as soon as the temperature reaches 32°C (90°F). Pour milk into a stainless steel or enamelled pan, and set it on a rack in the water. Test the temperature of the milk (*above*); when the thermometer registers 27°C (80°F), stir in cultured buttermilk.

2 **Testing the curd's consistency.** Leave the milk mixture at room temperature—between 18° and 21°C (65° and 70°F)—for up to 24 hours or until the curd forms a solid layer above the whey. If a knife inserted into the curd comes out clean (*above*) the curd is firm enough.

6 **Completing the draining.** Tie the string to the support—a hook attached to the ceiling, for example—so that the bag hangs free just above the bowl, which will collect the dripping whey. Let the bag hang in this way for 6 to 10 hours. Take it down two or three times to check if the cheese's texture seems uneven; if so, scrape the outside cheese into the centre.

7 **Unwrapping the cheese.** When the curd is firm, take down the bag, untie it and peel the muslin away from the mass of cheese (*above*). Invert the cheese on to a dish and refrigerate it, covered, unless it is to be served immediately. You can drink the whey either lightly salted, or sweetened and mixed with fruit juice.

3 **Ladling out the curd.** Scald a piece of muslin with boiling water to sterilize it. Fold the muslin double and use it to line a colander. Place the lined colander in a deep bowl. Carefully ladle the curd on to the muslin: gentle treatment at this stage ensures that the cheese will drain evenly without the loss of solid material.

4 **Scraping the muslin.** Cover the curd with a pan lid or a piece of muslin. Leave the curd to drain for about 5 hours, until the surface begins to dry out. With a spoon, scrape the dry curd on to the damper curd at the centre of the muslin (*above*).

5 **Tying up the muslin.** With the colander still set in the bowl, pull together the four corners of the muslin to form a bag that encloses the curd completely. Tie the muslin bag with string, leaving one end of string long enough to hang the bag up.

8 **Serving the cheese.** Serve the cheese unseasoned or break it up with a fork (*right*) and incorporate salt and pepper. If you like, flavour the cheese with herbs and beat in a little cream. The cheese can also be incorporated into a cooked dish such as a savoury custard (*page 70*).□

A Guide to Soft Cheeses

The hundreds of varieties of soft cheese range from mild Port-Salut to aromatic *gaperon*, and from creamy Brie to moist, crumbly goat cheeses. A selection of soft cheeses is shown below; the cheeses are described individually on pages 16-17.

Cows', goats' and sheeps' milk are all used to make soft cheeses. Both sheep and goat cheeses have a distinctive tang, although their flavour may vary from mild to very strong. Cow's milk cheeses are produced throughout the year, but goat and sheep cheeses are seasonal; and since the milking period falls in the warmer months of the year, these fast-ripening cheeses are not at their best in winter.

Soft cheeses owe their textures to their high moisture content—the consequence of draining the whey only partially from the curds. To achieve this result, soft cheese manufacture takes place at moderate temperatures, and little or no pressure is used to expel the whey. Unlike simple curd cheeses (*page 10*), all of the cheeses illustrated here have been left to ripen; they derive their individual character from moulds or bacteria that spread during the ripening process.

Soft cheeses can be grouped according to the particular type of micro-organisms they harbour. The so-called "bloomy-rind" cheeses—Brie, Camembert and many goat cheeses—develop a thick white fuzz of penicillin mould on their surfaces. The "washed-rind" type, among

them Pont-l'Evêque and Livarot, have been regularly wiped with a cloth soaked in brine or some other liquid such as cider or wine to keep the cheese moist and supple and to encourage the growth of surface micro-organisms. In "blue" cheeses such as Stilton and Roquefort, a blue-green penicillin mould—often artificially added—branches out from the centre through the tiny fissures that remain in a lightly pressed cheese; holes punched in the curd help the mould to spread evenly.

When choosing soft cheeses, bear in mind that those with surface organisms ripen from the outside inwards, while the blue cheeses ripen from the inside—where the mould develops—outwards. An immature Brie has a hard, chalky centre; an immature Stilton has no blue veins near the rind. Cheeses with an ammoniac smell, brown discoloration beneath the rind or a very liquid interior are past their best or have been incorrectly ripened. Soft cheeses only remain in peak condition for a matter of days so it is advisable to buy just enough for a day or two.

A Guide to Hard Cheeses

In the realm of cheese, the term "hard" is applied to such diverse textures as those of well-aged Parmesan that is almost too firm to cut with a knife, of crumbly Caerphilly and of resilient Gruyère. A selection of hard cheeses is illustrated below and described in the glossary overleaf.

Hard cheeses are distinguished from soft ones (*pages 12-13*) by their low moisture content—less than 50 per cent. The dryness is the result of close cutting of the curd, relatively high temperatures during manufacture, and lengthy pressing, all of which help expel whey from the curd. Ageing further increases a cheese's dryness and therefore its hardness; for example, a three-month-old Gouda might be classified as semi-soft, but a year-old Gouda is indisputably hard.

An important group of hard cheeses, Emmenthal and Gruyère among them, are heated during manufacture to relatively high temperatures—about 55°C (130°F)—and are therefore called cooked cheeses. Heating and subsequent heavy pressure give them a very close, but somewhat flexible texture. A class of bacteria which is traditionally added to some of these cooked cheeses, such as Emmenthal, produces chemical changes that

release carbon dioxide gas trapped in the ripening cheese. These bubbles of gas give the cheese its characteristic holes.

Most other hard cheeses are heated to around 40°C (105°F) during manufacture; they are known as scalded cheeses. After scalding, some cheeses, such as Cheddar, are pressed firmly; others, such as Caerphilly, more lightly.

To make *provolone* and *burrino*, the curd is not pressed; instead, it is immersed in warm whey and kneaded until its texture is elastic and malleable enough to be moulded into a variety of shapes. The technical term for such a product is "plastic-curd" cheese.

Gjetost, unlike all the other cheeses illustrated, is made from whey, not curds, boiled down to a thick paste. *Gjetost's* sweet flavour and brown colour come from the natural milk sugar—lactose—which caramelizes during boiling.

When you buy hard cheese, enquire about its age; choose younger cheeses for mild flavour and flexible nature, well-aged cheeses for a stronger flavour and a texture suitable for grating. The drier the cheese, the longer it will last: a large piece of Parmesan will keep for months.

A Lexicon of European Cheeses

The brief descriptions of more than 70 cheeses on these pages are intended to help you explore the extraordinary variety of cheeses available. Technical terms such as "starter" or "bloomy-rind" are explained in the preceding six pages. The cheeses are made from cow's milk unless otherwise specified.

The fat content of a cheese determines how smooth and rich it is but has less influence than moisture content on the cheese's degree of hardness or softness. Unless the entry specifies otherwise, the cheeses have a fat content of 45 per cent.

Cheeses described here as small are generally sold whole; medium and large cheeses are sold by weight, though you may occasionally want to buy a whole medium-sized cheese. The shapes given are the most typical, but many cheeses are made in several different forms.

Because it is impossible to describe subtle differences of flavour accurately, the only sure way to get to know each cheese's character is to taste it.

Appenzell. A hard, cooked, pressed Swiss cheese in the form of a medium-sized wheel. It has a fat content of up to 50 per cent and is steeped in white wine or cider and treated with herbs and spices during ripening.

Banon. A French goat's milk cheese, steeped in brandy and *marc*. Traditionally, it is made as a small cylinder that may be wrapped in chestnut leaves, but is sometimes formed into a stick and topped with savory. See *Goat*.

Beaufort. A hard, cooked, pressed French cheese in the form of a large wheel, similar to Emmenthal and Gruyère but richer than either with a 50 per cent fat content. It has narrow fissures rather than holes.

Bel Paese. A soft, washed-rind Italian cheese with a 45 to 50 per cent fat content. It is sold as a medium-sized disc packaged in trademarked foil. The cheese has a close, creamy consistency and a very mild taste.

Bleu d'Auvergne. A sharp-tasting blue French cheese, in the form of a medium-sized short cylinder. Its thin rind is protected by foil.

Bleu de Bresse. A blue French cheese with a 50 per cent fat content, made as cylinders of various sizes. It is creamy in texture and fairly bland for a blue cheese.

Boerenkaas. A hard, lightly pressed Dutch cheese, formed in the shape of a large wheel. It is made exclusively on farms, with raw, unpasteurised milk. A glossy orange-brown rind encloses the nutty-flavoured cheese.

Brie. A soft, unpressed French cheese with a fat content of at least 45 per cent, formed into a medium-sized disc. The bloomy rind is downy white, spotted with reddish pigments, and the inside uniformly creamy when perfectly ripe. The flavour is extremely subtle.

Brousse. A soft, unripened French, sheep's milk cheese with a fat content of 45 per cent, called *brocciu* or *broccio* in Corsica. The curd is drained in a basket, which gives it its shape. It is sometimes salted and dried. See *Ricotta*.

Burrino. A hard, plastic-curd Italian cheese. It has the form of a small gourd, surrounding a lump of whey butter—made from the small amount of fat that remains in whey. *Cacetto* is similar but with no butter in the centre.

Caerphilly. A medium-sized, cylindrical, hard, lightly pressed cheese originating in Wales but now made mainly in England. It has a flaky texture and a light, salty flavour.

Camembert. A soft, unpressed French cheese with a 45 to 50 per cent fat content. It is a small disc with a bloomy rind and a creamy texture.

Cantal. A hard, pressed French cheese in the form of a large cylinder, with a greyish rind and a supple, light yellow interior.

Chabichou. A French goat's milk cheese formed into a small cylinder or flat-topped cone. See *Goat*.

Chaource. A medium-sized, cylindrical, soft French cheese with a fat content of 45 to 50 per cent. It is a mild cheese with a soft, white, bloomy rind and a supple interior.

Cheddar. A hard, pressed English cheese, now made world-wide. It is a large, cylindrical cheese; when young, it is mild-flavoured and pale, but flavour and colour deepen with age.

Cheshire. A hard, pressed English cheese. Shaped in tall cylinders, it comes in three versions: white, red (stained with a vegetable dye) and blue. The white and red Cheshires are mild-flavoured, salty, and somewhat crumbly. Blue Cheshire is richer in flavour, with blue veins developed in long maturing.

Comté. A hard, cooked, pressed French cheese; it is similar to Gruyère in form, taste and texture; like Gruyère, it has holes.

Cottage cheese. Traditionally, cottage cheese is a fresh, renneted curd cheese, prepared in much the same way as the curd cheese on page 10. Commercial cottage cheese is made from the curds of skimmed milk, heated to make them firm and dense and finished with a little cream. The fat content is very low—usually about 4 per cent.

Coulommiers. A soft, bloomy-rind French cheese with a 45 to 50 per cent fat content. It is similar to Brie but smaller.

Cream cheese. Any fresh soft cheese made from cream or cream and milk. The fat content of cream cheese must be at least 45 per cent; if it contains 65 per cent fat it is called "double cream cheese". Cream cheese is generally prepared with rennet as well as a starter; for double cream cheese the cream is usually simply soured with starter and drained.

Crottin de Chavignol. A small, cylindrical French goat cheese traditionally kept for eating in winter: several months of ageing give it a dry texture and strong taste. See *Goat*.

Curd cheese. Any soft, fresh cheese made by coagulating milk and draining some of the whey from the resulting curds. The fat content varies between 4 and 18 per cent.

Danish Blue. A blue Danish cheese with a fat content of up to 60 per cent. A medium-sized cheese, it is made in cylinders, rectangles and square blocks. It has blue-green veining, with a creamy consistency and a sharp taste.

Dauphin. A soft, unpressed French cheese with a 50 per cent fat content and a washed brown rind; most commonly it takes a rectangular loaf shape. The cheese is a relative of Maroilles (*q.v.*) flavoured with tarragon and pepper.

Derby. A large, cylindrical, hard, pressed English cheese with a close texture and a mild flavour. Sage Derby is flavoured with finely chopped sage leaves and is mottled green.

Double Gloucester. A medium to large, cylindrical, hard, pressed English cheese, coloured with a vegetable dye. Its texture is smooth and firm and its flavour well-rounded.

Edam. A hard, pressed Dutch cheese with a fat content of up to 40 per cent. Edam is a medium-sized spherical cheese that is encased in wax for export. It has a rather elastic texture and a bland flavour which sharpens with age.

Edelpilz. A medium-sized, cylindrical, blue German cheese with a piquant flavour.

Emmenthal. A hard, cooked, pressed Swiss cheese. It is produced in enormous wheels weighing around 80 kg (180 lb). It has the characteristic holes or "eyes", often as large as a cherry, and a distinctive mild, sweet taste.

Feta. A soft, unpressed Greek cheese with a fat content around 40 per cent. It may be made from sheep's, goat's or cow's milk, or a mixture of these. It is a white, rindless cheese, made in rectangular blocks usually kept in brine until sold. The taste is slightly sharp and quite salty.

Fontina. A hard, cooked, pressed Italian cheese with a fat content of between 45 to 50 per cent. In shape it is a medium-sized wheel, whose rind is covered by a thin layer of wax. The interior has tiny holes, a sweetish, nutty flavour and a smooth texture.

Fourme d'Ambert. A medium-sized, cylindrical, blue French cheese. The grey rind is often spotted with red and yellow moulds. The flavour is full, with a pungent edge.

Friese Nagelkaas. A hard, pressed Dutch cheese with a fat content of 20 to 40 per cent. It is a medium-sized wheel, spiced with cloves, either alone or combined with cumin.

Gaperon. A soft, pressed French cheese with a 30 per cent fat content. It is a small, dome-shaped cheese made from buttermilk or skimmed milk, flavoured with garlic.

Gjetost. A hard Norwegian cheese made of

whey boiled down to form a thick, fudge-like mass. Its brown colour and sweetish flavour come from the milk sugar which caramelizes as it is boiled. It contains cream and 10 per cent or more goat's milk, and has a 38 per cent fat content. It is sold in rectangular blocks.

Goat cheese. Any cheese made from goat's milk. Most goat cheeses use a fresh curd cheese (*page 10*) as the starting point. The cheese may be lightly pressed or not pressed at all before it is packed into small moulds. The character of the cheeses depends chiefly on their age. Initially they are soft; as they mature they become harder, acquire various surface moulds and taste stronger. They may be sold at any stage in their maturation. Some goat cheeses are rolled in powdered charcoal, which forms a matt, blue-black coating.

Gorgonzola. A medium-sized, cylindrical, blue Italian cheese with a 50 per cent fat content and a soft, creamy texture.

Gouda. A hard, pressed Dutch cheese with a fat content of 48 per cent, made in the form of a medium-sized wheel. The texture is compact. The flavour is bland when the cheese is young, but becomes more distinctive with age.

Gruyère. A large, wheel-shaped, hard, cooked, pressed Swiss cheese with a nutty flavour, a smooth, dense texture, and small, widely dispersed holes.

Harzerkäse. A small, soft German cheese with a 10 per cent fat content. The gelatinous, slightly sour-tasting cheese is made as a stick or disc. It is often sprinkled with caraway seeds.

Kefalotyri. A hard, cooked, pressed Greek cheese made from sheep's or goat's milk. It takes the form of a medium-sized cylinder, and has a fat content of 40 to 45 per cent.

Langres. A soft, unpressed French cheese. It is made as a small, flat-topped cone with a smooth, washed, orange-red rind. The smell is penetrating, the flavour quite strong.

Leyden. A hard, pressed Dutch cheese with a 20 to 40 per cent fat content. The rind is stamped with a design of two crossed keys and covered with wax. The cheese is spiced with caraway and cumin seeds.

Limberger. A soft, unpressed cheese originating in Belgium but now made in Germany, with a fat content of 30 to 40 per cent. It is a medium-sized cheese, made in a roughly rectangular shape with a yellow-brown rind. The smell is extremely pungent—almost rotten—and the taste is strong.

Livarot. A soft, unpressed French cheese with a fat content of between 40 and 50 per cent. In shape it is a small cylinder, with a glossy, washed, orange-brown rind, sometimes banded with rows of marsh grass. It has a strong smell and a strong, spicy flavour.

Maroilles. A soft, unpressed French cheese with a fat content of 45 to 50 per cent. It is a medium-sized square cheese with a glossy orange-brown rind and a potent flavour.

Mozzarella. A soft, kneaded Italian cheese with a fat content of 40 to 50 per cent. It is usually made of cow's milk, but the original buffalo milk version has a more interesting taste. It is made in a small ball shape and kept moist in a water bath. It has a delicate, spongy texture when fresh, but soon becomes rubbery.

Münster. A small, cylindrical, soft, unpressed cheese made in France and Germany, with a fat content of 45 to 50 per cent. The flat discs, which are sold boxed, have a washed orange-red rind and a very pungent smell.

Murol. A soft, pressed French cheese. It is made as a small disc with a 5 cm (2 inch) hole in the centre. The washed rind is pinkish, the flavour mild.

Mysost. Any Norwegian whey cheese; *gjetost* (*q.v.*) is one example.

Parmesan. A hard, cooked, pressed Italian cheese, made in large cylinders with a 32 per cent fat content. It is aged for 2 to 3 years or longer. It has a granular texture and a powerful flavour. The oldest, hardest cheeses are the best for grating. Younger Parmesan is an excellent table cheese.

Pecorino. A group of hard, cooked, pressed Italian sheep's milk cheeses with a fat content of about 38 per cent, made as large cylinders. The texture is granular and the taste is sharp; the cheese is generally grated for cooking. *Pecorino Romano, Pecorino Sardo* and *Pecorino Siciliano* are made around Rome, in Sardinia and in Sicily respectively. Similar cheeses are made from goat's and cow's milk, and are generally called simply "Romano".

Pont-l'Evêque. A soft, pressed French cheese with a 50 per cent fat content, made in small squares and usually sold boxed. The washed rind is golden. The cheese is supple with a strong smell and a subtle flavour.

Port-Salut. A soft, pressed French cheese with a fat content of 45 to 50 per cent. Shaped as a medium-sized wheel, it has a thin, washed, orange rind and a creamy, yellow interior. The texture is resilient, the taste mild and buttery.

Pouligny-Saint-Pierre. A French goat cheese in the form of a flat-topped pyramid. See *Goat.*

Provolone. A hard, plastic-curd Italian cheese with a 44 to 47 per cent fat content. It comes in a variety of shapes and sizes. Its golden-yellow rind is marked by the cords used to hang it. The cheese is smooth and creamy white. *Dolce provolone* is not aged and has a fairly mild flavour; *piccante provolone* is aged for a more pronounced flavour.

Reblochon. A soft, lightly pressed French cheese with a 50 per cent fat content. It is a small disc, and is usually sold boxed. The washed rind is pinkish white, the interior pale with a full, creamy flavour.

Ricotta. A soft Italian cheese made from cow or sheep whey nowadays mixed with whole milk. The fat content varies from 20 to 30 per cent, depending on how much whole milk has been mixed in. It is usually an unripened, soft cheese with a mild flavour, sold in the form of the basket in which it drained, or it is made into balls and dried for grating.

Romano. See *Pecorino.*

Roquefort. A blue French cheese made from sheep's milk. It is produced in medium-sized cylinders with a natural rind; the cylinders are matured in limestone caves. The cheese is usually wrapped in foil. The taste is strong and sharp, the texture creamy.

Sage Derby. See *Derby.*

Saint-Marcellin. A soft French cheese with a 50 per cent fat content, made from cow's or goat's milk: it takes the form of a small disc whose rind develops a bluish-grey mould. It is sometimes known as *tomme de Saint-Marcellin.*

Sainte-Maure. A log-shaped French goat cheese. See *Goat.*

Saint-Nectaire. A soft, pressed French cheese that is shaped into a medium-sized wheel with a natural greyish rind, often scattered with yellow and red moulds. It has a subtle taste.

Samsoe. A hard, cooked, pressed Danish cheese. It is a medium-sized, wheel-shaped or square cheese with small to medium holes and a bland flavour.

Sancerre. A French goat's milk cheese made in a flat-topped cone shape. See *Goat.*

Selles-sur-Cher. A French goat's milk cheese shaped as a flat-topped cone and covered with powdered charcoal. See *Goat.*

Stilton. A blue English cheese with a 55 per cent fat content. It is a medium-sized cylinder evenly veined with blue. The texture is firm but creamy.

Stracchino. Both the generic name for a group of soft Italian cheeses and the name of one rich, soft, rectangular white cheese with a 50 per cent fat content, which is eaten very fresh.

Taleggio. A hard, pressed Italian cheese with a 48 per cent fat content. It is a medium-sized square with a rough, greyish-pink rind and a cream-coloured interior. It has a full flavour.

Tilsit. A hard, pressed cheese produced in Germany, Switzerland and Scandinavia. It is a supple-textured cheese, shaped as a medium-sized wheel or loaf, sometimes with small irregular holes. The taste is piquant and mildly sour. Caraway seeds are sometimes added.

Tomme de Savoie. A soft, pressed French cheese with a 20 to 40 per cent fat content, made as a medium-sized wheel. It has a rough grey rind dotted with bright red and yellow pigments. The interior is yellow, with a supple texture and a nutty taste. *Tomme au marc de raisin* is a version of the cheese coated in *marc.*

Valençay. A French goat's milk cheese made as a flat-topped pyramid and dusted with powdered charcoal. See *Goat.*

Wensleydale. A hard, pressed English cheese in the form of a medium-sized cylinder which comes in white and blue versions. The white version is crumbly, with a fresh, clean flavour; blue Wensleydale is rich and creamy.

1
Whole Egg Cookery
The Basic Methods

Two ways of pan frying
Shirring: a two-stage technique
Deep frying for crispness
Soft boiling to serve from the shell
Hard boiling: the importance of timing
Neat results from poaching
The benefits of baking

Whether fried, boiled, poached or baked, whole eggs—those that are not beaten before cooking—share a need for gentle heat. Low temperatures keep the whites creamy and the yolks moist, whereas high temperatures turn the whites rubbery and risk firming up the yolks. Otherwise, the cooking methods have little in common; each one makes different demands on the judgement of the cook.

When eggs are shallow fried in a thin layer of butter or oil, the object is to set the tops and undersides simultaneously. This can be accomplished by finishing the eggs under a lid, which reflects heat down on to the upper surfaces (*page 20*). Alternatively, the eggs can be turned, either with a spatula or else by tossing them, as in the illustration opposite. A variation of shallow frying is to set the undersides in melted butter on the stove top, and then to transfer the eggs to the oven to finish cooking—a method known as "shirring" (*page 21*).

In deeper oil or fat, the problem of uneven cooking is solved by immersing the egg entirely. The skill of deep frying lies in folding the white neatly round the yolk to protect the yolk from overcooking (*page 22*).

Boiling differs from other techniques in that the eggs remain in their shells and the cooking process is concealed. Because of this, accurate timing is essential for satisfactory results; the cooking time may vary from 3 minutes—for an egg to be eaten from the shell (*page 23*)—to the 10 to 12 minutes required for a hard-boiled egg (*page 24*).

Eggs that are poached—cooked in hot liquid without the protection of their shells—should be kept below a simmer; the agitation of boiling water would distort their shape. The best way to control the temperature is to bring the water to the boil then turn off the heat before adding the eggs. Covered with a lid, the pan and its contents retain enough heat to poach the eggs in a few minutes (*page 26*). Poach only the freshest eggs; the whites will cling of their own accord to well-centred yolks.

Shaping is less of a problem when eggs are baked because the eggs are cooked in containers—often small, individual-sized dishes known as ramekins or *cocottes*. One advantage of this method is that other ingredients, such as vegetable purées, can be cooked in the same dish as the eggs. Although baked eggs are often cooked in the oven, eggs in ramekins can equally well be prepared on the stove top in a bain-marie (*page 28*).

Tossed from its pan, a fried egg turns in mid-air to bring the undercooked top into contact with the hot pan. The egg was flipped from the pan with a sweeping motion of the whole arm as soon as its underside had set. Once turned, the egg will only need a few seconds' additional cooking to firm the semi-liquid white.

Fast Cooking in Shallow Fat

When eggs are cooked in a thin layer of fat, heat is directed at them from one direction only—below. The cook's task is to ensure that the tops of the eggs cook at the same time as the bottoms, so that the thick rings of white surrounding the yolks set before the undersides burn. Basting the eggs by spooning fat over them will help to start the tops cooking. In addition, you can cover the frying pan with a lid to reflect heat downwards, as shown in the demonstration on the right.

Alternatively, you can turn an egg over mid-way through frying, so that both the top and the bottom are brought into contact with the hot surface of the pan (*right, below*). You may find it easiest to reverse eggs with the aid of a spatula, as here, but many cooks prefer to flip eggs over by tossing them, as illustrated on page 18. Because of the difficulty of flipping eggs simultaneously, or of turning several in one pan, both techniques work best with one or, at most, two eggs.

Whichever frying method you choose, you should add the eggs to the pan as soon as the fat is warm, to prevent it from burning and spoiling the taste of the finished dish. The fresh flavour of melted butter marries well with eggs; so does that of oil or bacon dripping. Most cooks break the eggs directly into the fat, but some prefer to crack eggs on to a small dish and then slide them into the pan so that if a yolk accidentally breaks, the egg can be reserved for another use. After cooking you can, if you like, mix a little vinegar or lemon juice with additional melted butter in the pan to make a simple sauce (*Step 4, opposite page, below*).

Shirring eggs is an extension of the pan-frying technique: the eggs start cooking on the top of the stove, and are then finished in an oven (*box, opposite page*) or under a grill. Gratin dishes just large enough for one or two eggs are traditionally used for this method. For the second stage of cooking, cream can be added to the eggs to enrich their flavour and give them a melting smoothness.

Reflecting Heat with a Pan Lid

1 **Breaking the eggs.** Over a low to medium heat, warm sufficient butter in a frying pan to cover the bottom of the pan generously. As soon as the butter melts, break into the pan as many eggs as it will hold easily—up to four eggs in a pan 30 cm (12 inches) in diameter (*above*).

2 **Basting the eggs.** Once all the eggs have been added, tilt the pan slightly and use a spoon to collect the fat that runs to the lower side. Baste the tops of the eggs with the hot fat two or three times to start them cooking. If the pan is completely filled with eggs, it may be difficult to collect the fat; in that case, melt some butter in a separate pan and use it for basting.

Turned Eggs with a Simple Sauce

1 **Adding the egg to the pan.** Melt butter over a low heat until it starts to foam. Break an egg into the hot butter (*Step 1, above*). Alternatively, break the egg on to a small dish and slide it into the pan (*above*). Allow the egg to cook until the underside sets—about 1 minute.

2 **Turning the egg over.** Slide a spatula under the egg so as to support the yolk and as much as possible of the white. Raise the spatula a little, then turn it over sideways so that the egg slips back into the pan, yolk side downwards.

3 **Covering the pan.** To set the thick layer of white surrounding each yolk, cover the pan with a tight-fitting lid to reflect heat on to the tops of the eggs. After about 1 minute, remove the lid. The eggs are ready as soon as the whites are set; the yolks should remain soft and glistening.

4 **Serving the eggs.** Take the pan off the heat. Gently shake the pan to free the eggs, then carefully tilt it to slide the eggs on to a warmed plate. Season to taste with salt and pepper. Serve at once.□

3 **Tipping out the egg.** Cook the egg for a few seconds more to allow the white around the yolk to set, then take the pan off the heat. Tilt the pan to slide the egg out on to a warmed plate (*above*).

4 **Making a pan-juice sauce.** Turn up the heat slightly. Melt a little more butter in the frying pan; when it foams, add a dash of vinegar. Stir the butter and vinegar mixture for a few seconds, then pour it over the egg (*above*). Serve at once.□

An Oven Finish

1 **Adding cream.** Place a gratin dish over medium heat—with a fireproof mat if the dish is ceramic. Melt enough butter to coat the dish, then break in the eggs. Cook for about 1 minute, until the undersides set, take off the heat and pour enough cream over the eggs to coat the tops.

2 **Serving the eggs.** Place the dish in an oven preheated to 180°C (350°F or Mark 4) for 4 to 5 minutes, until the whites have set uniformly. Remove from the oven and serve the eggs in the dish, set on a plate to protect the table from its heat (*above*).

Deep Frying: High Heat for Crisped Whites

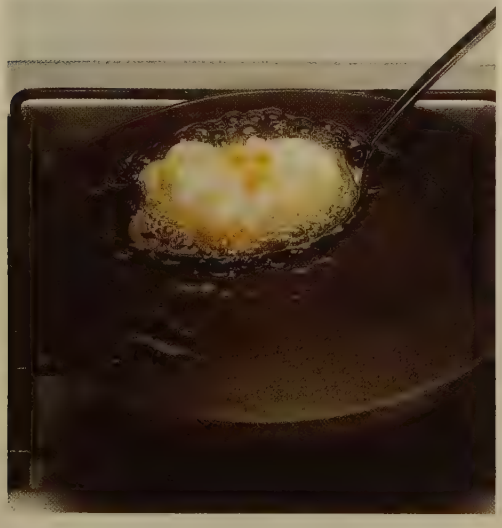
Immersed in hot oil, eggs cook rapidly—in about a minute. The operation is a delicate one that makes it impractical to deep fry more than one egg at a time. Because of the relatively high heat involved, the white must be folded around the yolk as soon as the egg is immersed in the oil.

Neutrally flavoured vegetable oils—peanut or corn oil, for example—will leave the egg's own taste unimpaired; but you may prefer olive oil, which imparts its own distinctive, fruity savour. Butter is not suitable, since it burns at the high temperature required for deep frying.

The oil should be sizzling hot when the egg is added; test it, if you wish, by dropping in a small piece of bread, which should brown almost at once. If parts of the white are not completely submerged after the egg has been folded, baste them with spoonfuls of hot oil so that they cook evenly with the rest of the egg.

When the white is crisp and starting to brown, the egg is ready. It can be served as it is, seasoned with salt and pepper, or as part of an assembled egg dish (*page 38*).

1 **Setting the white.** In a deep-sided pan, heat 1 cm (½ inch) of oil until it is hot but not smoking. Break an egg into the oil, then immediately tilt the pan to immerse the egg in a well of oil. With a spoon, ease the exposed white away from the base of the pan (*above, left*). Gently fold the white over the yolk to enclose the yolk between two touching layers of white (*above, right*). The white will protect the yolk from the oil's heat and prevent it from overcooking.



2 **Draining the egg.** When the white appears firm and starts to brown, lift the egg out of the oil with a perforated spoon. Allow excess oil to drain from the egg into the pan, then set the egg on paper towels. Use more towels to blot any remaining oil from the egg's top.

3 **Serving the egg.** Season the egg to taste and serve at once—in this case, on a slice of bread that has been buttered on one side and crisped in a hot oven. If you like, garnish the egg with sprigs of parsley that have been fried for a few seconds in the oil used to cook the egg and then drained on paper towels.□

Soft Boiling: a Meal from a Shell

The simplest way to cook an egg—by immersion in hot water—presents the cook with only one variable: the time the egg spends in the water. Nevertheless, timing must be judged exactly, for cooking is rapid, and half a minute will make a significant difference to the egg's texture.

Obviously, the correct cooking time will depend partly on the size of the egg. A large egg—EEC size 1 or 2—is perfectly soft-boiled after 4 minutes of cooking, while small eggs—EEC size 5 or 6—are ready in 3 minutes. Freshness also plays a part; the compact white of a new-laid egg will take up to a minute longer to set than the thinner, more alkaline white of an older egg. Remember, too, that eggs still partly chilled from the refrigerator will take a minute or two longer to cook than those kept at room temperature. (Eggs should never be boiled direct from the refrigerator—the sudden change of temperature may crack the shell.)

Although it is perfectly possible to start eggs in cold water (*page 24*), precise timing is easier if they are placed in water that is already simmering (*Step 1, right*). If you are preparing several eggs at once, you can synchronize the moment at which they start cooking by lowering them into the water in a wire basket. If you do not wish to cook all the eggs for the same length of time, remove them individually with a slotted spoon as they are ready.

The water should be simmering gently. Vigorous boiling will overcook the outside of the white, making it tough and leathery, while the agitation of the water will increase the danger of the eggs cracking against each other in the pan.

When ready, the eggs should be opened immediately; otherwise their internal heat will continue to cook them. They can be served just as they are, in egg cups, or scooped from their shells into cups to which butter and herbs can be added.

An alternative, slower method of soft boiling is to bring a saucepan of water to the boil, then remove the pan from the heat and add the eggs. Covered with a lid, the eggs will take 6 to 10 minutes to cook, depending on their size. Because of the lower temperatures involved, this technique—known as "coddling"—produces eggs with particularly soft whites.

1 **Boiling the eggs.** Bring a saucepan of water to the boil. Reduce the heat so that the water is gently bubbling. Place the eggs in a wire basket, and lower them gently into the water. Time the eggs from the moment they enter the water.

2 **Opening the eggs.** Remove the eggs when they have cooked for the time required. Set each egg in an egg cup. Holding the egg in its cup, strike it firmly with a knife blade at the point where it becomes wide enough to admit a small spoon, and slice off the top (*above*). Alternatively, tap the egg's top with a teaspoon to crack it, then use the tip of the spoon to open the egg.

3 **Serving the eggs.** Lift the top away from each egg, and clear away any pieces of broken shell that may have fallen into it. Season the eggs with salt and pepper to taste and, if you like, add a dab of butter. The eggs may be accompanied by thin strips of bread or toast that can be dipped into the soft yolks.□

Boiling for Shelling

Boiled, shelled eggs are useful garnishes as well as essential elements in many assembled dishes (*Chapter 2*). The eggs may be soft-boiled or hard-boiled, depending on the use you intend to make of them.

The best eggs for shelling are three to four days old. The whites of new-laid eggs adhere firmly to the shell membrane, but after a few days they will have begun to shrink away from it, simplifying peeling.

Instead of plunging the eggs into boiling water as shown on page 23, you can start them in cold water, which should be brought to a simmer over a medium heat (*Step 1, right*). Though it permits less precise timing, this method reduces the risk of the shells cracking through a sudden change of temperature at the beginning of cooking, while the relatively gentle heat makes for more tender whites. If you use this technique, time the eggs from the moment the water starts to bubble.

Eggs boiled for shelling run the gamut from the soft-yolked egg—the mollet egg of French cookery, used interchangeably with poached eggs in assembled dishes—to the hard-boiled egg, suitable for slicing and chopping. Do not overcook the eggs; boiling for more than 10 minutes from a cold-water start will produce a leathery, discoloured egg. This timing—and those given in the box opposite—are for size 2 eggs. Prepared similarly, extra large size 1 eggs will need slightly longer cooking, while smaller eggs will cook more rapidly. Deduct a minute from the times shown at each stage when using size 3 or 4 eggs, and up to 2 minutes for smaller sizes.

After boiling, the eggs should be plunged into cold water to arrest their cooking and to cool them for easy handling. Shelling, although not difficult, requires a light hand—particularly for soft mollet eggs, which are easily damaged. It is best to shell eggs just before use, as the shells protect the whites from drying out; but eggs can also be kept for a few hours out of their shells in a bowl of cold water, which will help keep the whites moist.

1 **Cooking the eggs.** Arrange the eggs loosely in a saucepan. Cover them generously with water, and place the pan over a medium heat (*above, left*). Time the eggs from the moment the bubbles begin to rise from the bottom of the pan (*above, right*). Adjust the heat to maintain a bare simmer. When the eggs have cooked for the time required, remove them from the pan and immediately plunge them into cold water to stop further cooking.

Gradations of Boiling

After 3 minutes. Started in cold water and cooked for 3 minutes from the moment the water comes to the boil, eggs have whites that have only partially set and yolks that are still liquid. These are the mollet eggs of French cooking. Allow 6 minutes to cook mollet eggs if they are started in boiling water.

After 4 minutes. The white is firmly set, as is most of the yolk, though the centre is still soft and dark yellow. This egg is easier to handle and to shell than the mollet egg; it can be used in the same way as a hard-boiled egg. To attain this consistency from a boiling-water start, the egg should be cooked for 8 minutes.

2 **Cracking the eggs.** Crack the shell of each egg by holding it gently in one hand and tapping it all over with the back of a spoon or the handle of a knife (*above*), taking care not to break the egg. The finely cracked shell will adhere to the inner membrane and can easily be peeled away from the surface of the white.

3 **Removing the shell.** Gently strip the shell away from the white of the egg, taking care to peel off the underlying membrane at the same time. Rinse off any remaining shell fragments by dipping the egg in water. If the peeled eggs are not required immediately, store them in a bowl of water to keep them from drying out.□

After 6 minutes. Both yolk and white are firmly set, although the centre of the yolk remains tender. This egg can be cut into quarters, sliced or chopped, but retains enough of its natural moisture to be briefly cooked as part of a further presentation. The equivalent timing for an egg started in boiling water is 10 minutes.

After 10 minutes. Yolk and white are both firmly set and the yolk is pale yellow in colour. This is the classic hard-boiled egg used for stuffing (*page 40*) and as a garnish in cold dishes. Chopped or sliced, it can also be reheated in a sauce (*page 42*). Eggs require 12 minutes' cooking to hard-boil from a boiling-water start.

The effect of overcooking. If they are boiled for more than 10 minutes from a cold-water start—or 12 minutes if they are started in boiling water—egg whites turn rubbery and the yolks become dry and crumbly. Elements in the yolk and white interact to produce a green ring round the yolk—a sure sign of overcooking.

Poaching: Cooking by Immersion

Fresh eggs are prerequisites for successful poaching. Immersed in hot liquid, the whites of eggs that are more than about a week old will spread out thinly and overcook, whereas the bulk of the whites of new-laid eggs will gather compactly around the yolks and poach neatly.

No special equipment is needed for poaching other than a shallow, heavy pan with a lid. Most so-called "poaching" pans, built with small cups to contain the eggs, do not actually poach: the eggs are cooked by steam rather than immersion.

The temperature of the poaching liquid will drop when the eggs are broken into it, so the larger the pan you use, the better. To avoid slowing down the cooking process unnecessarily, it is also best not to poach more than four eggs at once.

The usual poaching liquid is water, although eggs can be poached instead in milk, stock or wine. Such flavourful liquids may then be thickened with butter and flour and transformed into sauces to serve with the eggs. Whatever the liquid, it should be kept below a simmer while the eggs cook; stronger heat would turn the whites rubbery and might cause the egg to stick to the base of the pan. An easy way of controlling the temperature is to bring the liquid to the boil, turn off the heat before adding the eggs, then cover the pan to retain the liquid's heat.

Many cooks stir the liquid to create a miniature whirlpool before breaking an egg into the pan; the concentric motion of the swirling water helps to compact the egg. This method should not be necessary for fresh eggs, but it can be useful for preventing older eggs from spreading.

Dip poached eggs in cold water as soon as they are done, to prevent further cooking. Since even the freshest egg has an outer ring of thin white which will not cling round the yolk, the cooked egg will inevitably have a straggly outline: trim off loose strands of white for a neat shape.

The eggs can be served at once—accompanied, if you wish, by a simple herb and butter sauce (*opposite; recipe, page 88*). If you intend to use them in an assemblage (*page 38*), put the trimmed eggs back into cold water in order to keep them moist; just before use, reheat them by dipping them in hot water.

Ensuring a Compact Shape

1 **Breaking the eggs.** In a shallow sauté pan, bring 5 to 7 cm (2 to 3 inches) of unsalted water to the boil. Turn off the heat and add the eggs at once. To minimize the spreading of the whites, break the eggs directly into the water: carefully open the two halves of the shells at the water's surface, so that the eggs slide into the water compactly.

2 **Poaching the eggs.** Cover the pan with a tight-fitting lid in order to retain the heat. Leave the eggs to cook undisturbed in the water for about 3 minutes, then lift off the lid. If the whites are opaque and the yolks covered with a thin, translucent layer of white, the eggs are ready.

A Simple Herb and Butter Sauce

1 **Reheating in butter.** Finely chop some fresh herbs; in this case, tarragon is used. Melt some butter in a frying pan. When the butter begins to froth, turn the heat down and lower the eggs into the pan.

2 **Adding the herbs.** Sprinkle the herbs over the eggs. Baste the eggs several times with the hot butter to warm the tops (*above*) then leave the eggs in the pan for a few moments to heat through.

3 **Lifting out the eggs.** Remove the eggs from the pan with a perforated spatula. Place the eggs immediately in a shallow dish filled with cold water to arrest their cooking. The dish should be big enough to hold all the eggs without crowding.

4 **Draining and trimming.** Lift the eggs out of the water and place them to drain on a damp tea towel. Using a small knife, trim the eggs by cutting away the thin outer layer around the edges. If you do not intend to use the trimmed eggs immediately, transfer them to a second dish of fresh cold water to keep them moist.□

3 **Serving the eggs.** When the eggs are hot, squeeze a little lemon juice over them to accentuate the flavour (*above*), then lift the pan off the heat. Tilt the pan over a warmed serving plate to pour out the sauce; use a spoon to help slide the eggs on to the plate (*right*).□

Baking: Coping with All-Round Heat

The most basic way to bake eggs is in their shells: simply pierce them with a pin at their round ends—to allow expanding air to escape—and place them in a moderate oven. The effect of this method, which is sometimes also referred to as "roasting", is similar to boiling, although the cooking time is longer—about 12 minutes for soft eggs, 18 to 20 minutes for hard ones.

If the eggs are broken before baking, the results are less elemental, but more interesting. To prevent the exposed eggs from overcooking, however, they need some protection from the heat. In the demonstration on the right, the eggs are cooked with cream in small, deep, individual dishes known variously as ramekins or cocottes. To ensure a gentle cooking temperature, the dishes are placed in a bain-marie; the water in the bain-marie is kept at a gentle simmer and, with a lid to trap the steam, the eggs are surrounded by a moist and even heat. The bain-marie can either be placed in the oven or, as here, kept on top of the stove.

Preheat the cream before you pour it into the ramekins; the warmth will start the eggs cooking immediately, thus reducing the time required. You could add herbs or grated cheese to the dish, or replace the cream altogether with melted butter or a spoonful of meat stock.

In the lower demonstration, eggs are baked, uncovered, on a bed of chopped spinach with cream (*recipe, page 165*). The flavouring elements themselves provide protection against the enveloping dry heat of the oven: the eggs are placed in depressions in the bed of spinach, and partly submerged by the cream, which also provides a sauce for the cooked eggs. A purée of peas, mushrooms or tomatoes would also make a good base for the eggs. Here, several eggs are baked together in one large dish; you could equally well bake the eggs on a vegetable base in individual serving dishes.

Gentle Cooking in Ramekins

1 **Preparing the ramekins.** Lightly butter several ramekins. Warm some cream in a saucepan over a medium heat. When the cream is hot but not boiling, spoon a little into each ramekin. Break an egg into the cream in each dish (*above*).

2 **Adding butter.** Place a small piece of butter on top of each yolk. If you like, you can season the eggs at this stage. Salt and pepper on the yolks will mar their smooth finish, however, so most cooks season the eggs just before serving.

A Bed of Greenery Enriched with Cream

1 **Preparing a spinach base.** Stem spinach leaves; wash them thoroughly in several changes of water to remove grit. Parboil the leaves for 2 minutes, then drain off the hot water. Run cold water over the leaves to cool them; squeeze out the excess moisture. Chop the leaves. Melt butter in a pan, and add the spinach (*above*).

2 **Adding cream.** Toss the chopped spinach in the butter over a medium heat; reduce the heat, then pour cream over the spinach (*above*). Stir the spinach and cream together. Season to taste with salt, pepper and a pinch of nutmeg.

3 **Preparing the bain-marie.** Place the ramekins on a wire rack in a large, shallow pan. Pour enough hot water into the pan to come two-thirds of the way up the sides of the ramekins. Set the pan over a low heat; the water should simmer gently. Cover the pan with a lid.

4 **Cooking the eggs.** The eggs will take about 5 minutes to cook. They are done when the whites are barely firm and the yolks remain liquid. Lift the ramekins out of the water with a spatula (*above*). Serve immediately in the ramekins.□

3 **Adding the eggs.** Transfer the spinach to a buttered gratin dish. With the back of a spoon, form shallow, evenly spaced pockets in the spinach. Break an egg into each depression (*above*).

4 **Topping with cream.** When all the eggs are in place, spoon a tablespoon of double cream over each of the tops (*above*). Set the dish in a moderate oven, preheated to 180°C (350°F or Mark 4).

5 **Serving.** After about 8 minutes, check whether the eggs have cooked; if the whites have not set, cook the eggs for a few minutes more. Serve the eggs on to a warm plate as soon as they are cooked, presenting each egg on its own base of spinach (*above*). Season to taste.□

2
Whole Egg Presentations
From the Elementary to the Elaborate

Three classic sauces
Adding variety with garnishes
Savoury containers
Composing assemblages
Saucing hard-boiled eggs
Shaping and cooking croquettes
Moulding in aspic

The basic methods of egg cookery may be few in number, but with garnishes, sauces and edible containers, you can create literally thousands of different egg dishes; *Larousse Gastronomique*, the great encyclopaedia of French cuisine, lists more than a hundred ways to present poached and mollet eggs alone. Hard-boiled eggs have received almost as much culinary attention, making the cook's repertoire nearly boundless.

In any assemblage, each element should be chosen to serve a specific culinary purpose. Selecting the sauce for the eggs is not only a matter of achieving flavour or visual appeal; the sauce must also act as a protective coating, to keep the eggs warm and prevent them from drying out if the dish is returned to the oven or placed under a grill for a gratin finish. Interposing a layer of puréed or chopped vegetables between the eggs and their base anchors the eggs securely; mollet eggs, in particular, with their smooth, rounded surfaces, need some foundation to hold them steady.

By enclosing the composition in an edible container, you turn solitary eggs into elegant hors-d'oeuvre; use pastry cases, hollowed-out artichoke bottoms, baked potato shells or crisp, buttered bread cases (*page 37*). For a cold dish, you can give eggs an imposing presence by suspending them in a shimmering aspic jelly (*opposite and page 46*).

Poached and mollet eggs, with their yielding whites and moist yolks, are the most appealing choice both for aspics and for assemblages of egg, sauce, garnish and case. But such assemblages can also be based on deep-fried eggs or on hard-boiled eggs whose yolks have been scooped out, moistened with butter or with a sauce and returned to the whites (*page 40*). Deep-fried eggs must be served freshly cooked, but if you poach or boil eggs you can cook them in advance and keep them in a bowl of cold water until they are needed. At the last moment, heat up the eggs in warm water and combine them with the other elements of the assemblage.

Instead of serving hard-boiled eggs halved and stuffed, you can slice or chop them for more intimate mixing with other ingredients—combined with a stiff paste of flour, milk and butter and formed into croquettes for frying (*page 44*), for example, or coated with a sauce, topped with breadcrumbs and gratinéed (*page 42*). Such dishes, although perhaps less beguiling to the eye than a single egg presentation, are no less of a delight to the diner, and no less worthy of the cook's attention.

A mollet egg in a jacket of shimmering aspic is lifted from a serving dish. To yield the fragrant liquid which, when chilled, becomes an aspic jelly, gelatinous meats and aromatic vegetables were poached in water and then carefully strained out. The resulting clear stock was allowed to set in a mould, with the eggs and wilted watercress leaves embedded in it, then turned out—just before serving—and garnished with additional sprigs of watercress.

A Repertoire of Basic Sauces

Many different sauces marry successfully with whole or beaten egg dishes, from creamy liaisons that underline the eggs' own flavour to spicy preparations that provide a piquant contrast. The trio of sauces demonstrated here *(recipes, page 167)* are particularly valuable.

The white sauce *(box, right)* is a classic, roux-based sauce begun by mixing flour into melted butter to form a paste. Hollandaise *(box, right below)* is an emulsion, made by beating butter into warmed egg yolks. The tomato sauce *(box, far right)* is a flavoured purée prepared by cooking tomatoes until they are soft, then sieving them for smoothness.

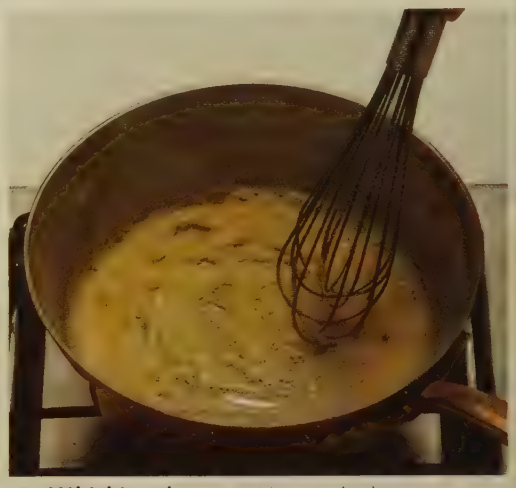
All of these sauces benefit from gentle cooking. In the case of the white sauce, lengthy simmering is needed to remove the taste of raw flour. Slow cooking also reduces the amount of flour needed to bind the ingredients, since the sauce will thicken slightly of its own accord as it simmers. A white sauce can be served as it is, or else enriched with up to half its own volume of double cream. You can also use it as a base for other flavourings, stirred in just before serving. Add grated Parmesan, Cheddar or Gruyère, for example, to turn it into a cheese sauce.

Hollandaise cooks more quickly but needs delicate treatment. Too much heat will overcook the egg and cause the emulsion to separate into solid pieces of yolk and melted butter. Rather than risk problems by preparing the sauce over direct heat, use a bain-marie, as in this demonstration. A little water, mixed in with the yolks before cooking, also helps to keep them fluid during preparation.

Because tomatoes have a high water content, they need no additional liquid to form a sauce; after about 20 minutes of simmering, their flesh is soft enough for sieving. The sauce should then be returned to the heat and simmered, uncovered, for up to 15 minutes more until it reduces to the consistency required. After only 2 to 3 minutes it will be thick enough to serve on its own. Reduced for rather longer, the purée can be added to other sauces to provide extra flavour and colour; for example, 2 or 3 tablespoons will give a creamed white sauce a delicate tomato taste and a rose-pink hue.

White Sauce: Simmering for a Smooth Flavour

1 **Making the roux.** Melt some butter in a heavy saucepan set over a low heat. As soon as the butter melts, add an equal weight of flour, distributing it evenly all around the pan *(above)*.



2 **Whisking the roux.** Use a whisk or a wooden spoon to stir the flour into the butter so that they form a smooth paste *(above)*. Cook the roux gently for 2 to 3 minutes, stirring it constantly until the mixture has a granular texture.

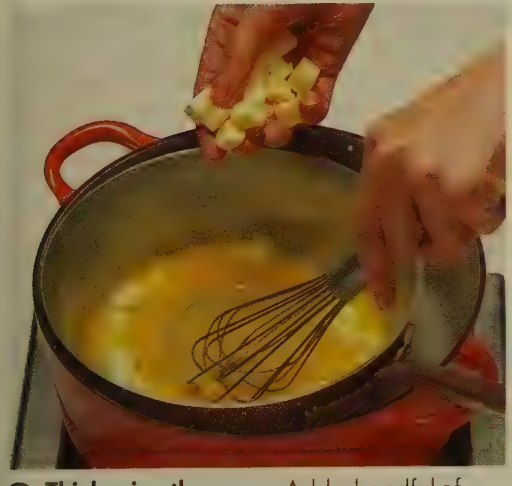
Hollandaise: an Emulsion of Egg Yolks and Butter

1 **Preparing a bain-marie.** Set a trivet in a large casserole. Half fill the pan with hot water. Bring the water to the boil, then reduce the heat to keep it just below simmering point. Put egg yolks into a pan small enough to fit inside the casserole; add a tablespoonful of cold water.

2 **Whisking the yolks.** Stand the pan on the trivet; the water should cover it up to two-thirds of its depth. Use a wire whisk to beat the egg yolks, combining them with the water. Continue to whisk until the mixture becomes smooth and creamy.

3 **Adding milk.** Pour all the milk into the roux at once, at the same time whisking the mixture continuously to blend it smoothly. Increase the heat to medium. While the sauce is coming to the boil, continue whisking to prevent lumps.

4 **Simmering the sauce.** Season with a little salt. Turn the heat very low so that the sauce cooks at a bare simmer. Leave it to simmer for 30 to 40 minutes, stirring it occasionally. Before serving, season with pepper and, if liked, grated nutmeg.

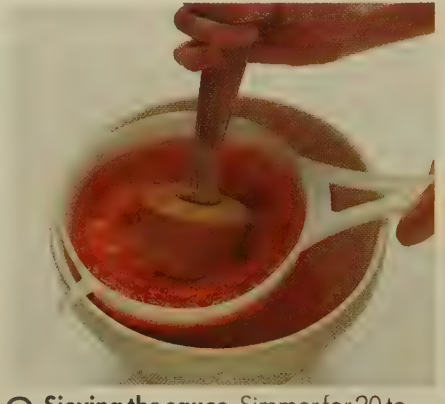


3 **Thickening the sauce.** Add a handful of butter cubes to the pan, and whisk until the butter is almost absorbed into the egg mixture. Add the remaining cubes in batches, a few at a time; whisk in each batch before adding more butter.

4 **Finishing the sauce.** Continue whisking until the sauce is thick and creamy. Season to taste with white pepper, cayenne pepper and salt. Finish off the sauce by adding a few drops of lemon juice. If the sauce is too thick for your needs, whisk in a little warm water.

A Fragrant Tomato Purée

1 **Starting the sauce.** Sauté chopped onion in olive oil until soft. Add garlic and herbs, seasonings, a little sugar and quartered tomatoes.



2 **Sieving the sauce.** Simmer for 20 to 30 minutes, until the tomatoes soften to a pulp. Use a pestle to force the mixture through a sieve into a bowl.

3 **Adjusting the consistency.** Over a medium heat, simmer the sauce, stirring occasionally, until it reduces to the desired consistency.

Garnishes that Furnish Body and Flavour

By providing contrasts of flavour, texture and colour, savoury garnishes widen the appeal of whole egg dishes. Vegetables—puréed or finely sliced—are the most common garnishes; but slivers of ham also combine well with eggs, and salt anchovy fillets can provide piquancy.

Most vegetables to be puréed are first cooked to soften them, and then passed through a sieve, food mill or processor. In the case of mushrooms, however, the order is reversed (*below*). Cooking draws juices out of mushrooms, and a purée of cooked mushrooms would be dry; to guarantee a moist texture, pass the raw mushrooms through the medium disc of a food mill or the slicing blade of a processor, then sauté the pulp in butter over a high heat. A food mill is also valuable for puréeing peas (*bottom*) and broad beans, but to remove their skins and achieve a finer texture, purée them again by pressing them through a fine-meshed sieve.

Unlike these firm-textured vegetables, the tender leaves of sorrel (*opposite page, above*) contain little tough fibre. Once you have stripped away their stems and shredded their leaves, young sorrel need only be stewed in butter to melt into a purée. Older leaves, however, will first need brief parboiling to tenderize them. The purée can be enriched by the addition of cream at the end of cooking.

Some of the more fibrous vegetables, such as asparagus (*opposite page, centre*) and French beans, are better sliced than puréed. The slices should be parboiled, to soften them slightly, and sautéed in butter for extra flavour.

Wild mushrooms, such as morels, also should be sliced to preserve their fine texture, but they do not need parboiling before they are sautéed. Use fresh ones if you can buy them; otherwise, soak dried morels (*opposite page, below left*) in water to rehydrate them, then halve them and wash thoroughly under a tap to remove any clinging soil or sand.

Salt anchovies need no preliminary cooking. Simply soak them in water for a few minutes to rid them of excess salt, then peel the two fillets away from each fish's backbone with your fingers (*opposite page, below right*).

The Concentrated Essence of Puréed Mushrooms

1 **Puréeing mushrooms.** Trim off the earthy bases and wash the mushrooms rapidly in water to remove grit, then pass them through the medium disc of a food mill.

2 **Sautéing the mushrooms.** Squeeze a little lemon juice over the puréed mushrooms to prevent darkening. Melt butter in a pan and stir in the mushrooms.

3 **Finishing the purée.** Stirring them continuously, cook the mushrooms over a fairly high heat for 3 to 4 minutes, or until most of the juices have evaporated.

Peas Sieved Twice for Smoothness

1 **Preparing peas.** Cook peas in salted, boiling water for 5 minutes or until tender. Drain the peas, and pass them through a coarse sieve or a food mill (*above*).

2 **Removing the skins.** Press the peas through a fine drum sieve, a spoonful at a time. Scrape the sieved flesh from the underside into a bowl. Discard the skins.

3 **Binding the purée.** Stir the purée in a saucepan over a high heat for 2 to 3 minutes. Remove from the heat and beat in a generous amount of butter or cream.

A Creamy Reduction of Sorrel

1 **Cutting the sorrel.** Fold the leaves lengthwise and strip off the stems. Roll several leaves into a tight bundle. Slice these into shreds with a knife.

2 **Stewing the sorrel.** Melt butter in a heavy pan. Add the sorrel and cook it over low heat, stirring occasionally, for 10 minutes or until it melts into a purée.

3 **Thickening with cream.** Over a low heat, stir double cream into the sorrel purée. Leave the mixture to cook until it reduces to the consistency you desire.

Tender Pieces of Asparagus

1 **Peeling the stalks.** With a small knife, trim off the woody base of each stalk. Cutting towards the tip, pare the tough skin away from the lower part of the stalk.

2 **Slicing the stalks.** With a sharp knife cut the stalks on the bias into thin slices. Plunge the slices into salted, boiling water for a few seconds to soften them.

3 **Finishing the cooking.** Drain the slices through a colander (*above*), then sauté them in melted butter over a high heat for a few seconds, until glossy.

A Delicate Fusion of Morels and Cream

1 **Preparing morels.** Soak dried morels in cold water for at least an hour. Trim off discoloured stalk ends. Cut the morels in half lengthwise. Wash away any soil.

2 **Stewing in butter.** Cook the morels in butter over a low heat for 3 to 4 minutes. Stir in double cream; simmer gently for 2 to 3 minutes more to warm the cream.

The Salty Savour of Anchovies

Boning anchovies. Soak salt anchovies in water to remove excess salt. With your fingers, prise the fillets away from the backbone of each anchovy (*above*).

An Appetizing Array of Cases

Edible cases provide an attractive way of serving eggs individually. Bread, pastry and vegetables can all be used to make containers of varied shapes and textures, each of which contributes its own qualities to the assembled dish.

Baked potatoes, for example, are easily made into cases if their tops are sliced off lengthwise; the flesh can then be scooped out, puréed, and used to line the skins *(box, right)*. To prepare the potatoes for baking, simply scrub their skins clean. Medium-sized potatoes will take about an hour to cook in an oven preheated to 190°C (375°F or Mark 5).

The scooped-out flesh of the potato can simply be mashed with butter and seasonings, as demonstrated here, or mixed with a puréed vegetable *(page 34)* for extra colour and flavour. Use a spoon to pack the purée back into the potato skins.

Artichoke bottoms are the ideal shape for containing eggs once the inedible chokes—clusters of fine hairs in their centres—are removed. After the bottoms have been cooked, the chokes can be prised out with a spoon *(Step 4, right, below)*. You can then give the bottoms extra gloss and flavour by reheating them in butter. Sauté them base down for a few minutes, spooning melted butter into their hollow interiors, then cook the tops.

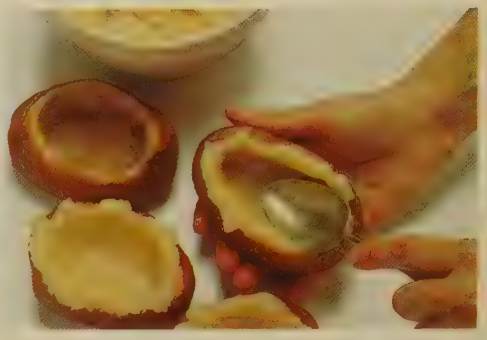
Raw artichokes turn black on contact with carbon steel, and their cut surfaces also darken on exposure to air. To prevent discoloration, use a stainless steel knife and rub cut surfaces with lemon; after trimming, put the bottoms into water that has been acidulated with lemon juice until you are ready to cook them.

Individual baked bread cases *(opposite page, above)* should be made from slightly stale bread that will not crumble easily. Painted with melted butter, then baked, the bread crisps and turns deep gold.

By lining individual-sized flan tins with shortcrust dough *(recipe, page 166)*, you can make shallow pastry cases. The dough should be chilled to firm it up before it is rolled out *(opposite page, below)*. Stack the lined tins to prevent the dough from rising, and bake them in a 220°C (425°F or Mark 7) oven; the tins should be spread out for the last 5 minutes of cooking to allow the pastry to crisp.

Hollowing Potatoes

1 **Scooping out the flesh.** Bake potatoes in a hot oven until they are soft. With a knife, slice the top off each potato; scoop out the flesh and put it in a sieve.



2 **Lining the potato skins.** With a pestle, push the flesh through the sieve. Add butter and seasonings to taste. Line the potato skins with the purée *(above)*.

Paring Artichoke Bottoms

1 **Removing the outer leaves.** Break the stems off the artichokes. Snap off the tough outer leaves to reveal the tender, yellow-green leaves beneath. Rub the exposed surfaces with a cut lemon.

2 **Topping the artichoke.** Grasp the artichoke firmly. Using a stainless steel knife, cut off the leafy tops at the point where the leaves are indented.

3 **Paring the bottom.** Starting at the stem, pare away the dark green exterior of the artichoke bottom. Put the pared bottom into acidulated water to await cooking.

4 **Removing the chokes.** Boil the bottoms until tender—about 20 minutes—then drain them on a napkin. Prise out the bristly chokes with a spoon *(above)*.

Bread Rounds for Baking

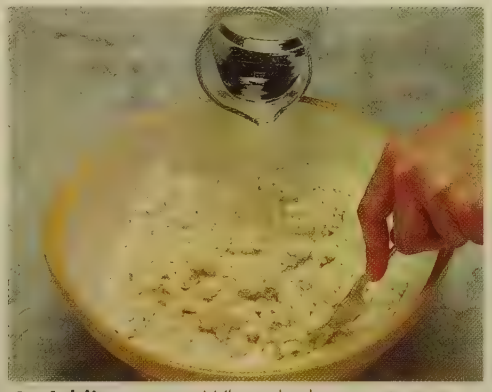
1 **Shaping the cases.** Cut a round from a 2.5 cm (1 inch) thick slice of bread. Cut a circle 1 cm (½ inch) inside the round, down to within approximately 1 cm of the base.

2 **Hollowing the interior.** Insert a knife horizontally 1 cm (½ inch) above the base of the bread round. Swivel the blade to free the central disc of bread (*above*).

3 **Baking the cases.** Lift out the centres and paint each case inside and out with melted butter; bake in a 170°C (325°F or Mark 3) oven for 25 minutes, until crisp.

Shaping Pastry Shells

1 **Combining butter and flour.** Sieve flour into a bowl with a little salt. Add cold butter, cut into cubes. Use two knives to cut the butter into the flour (*above*).



2 **Adding water.** When the butter pieces are thoroughly coated with flour, pour in a little cold water and work it into the dough with a fork (*above*).

3 **Gathering the dough.** Knead the dough briefly until you can gather it into a ball; then wrap it in plastic film and chill it in the refrigerator for at least 1 hour.

4 **Rolling out the dough.** Put the chilled dough on a cold, floured surface. Flatten the dough a little, then turn it to flour the other side. Roll it out thinly.

5 **Lining the tins.** Invert flan tins over the dough. Cut round each tin, allowing a border of dough to cover the sides. Line the tins; trim the edges with your thumb.

6 **Baking the dough.** Stack the tins on a baking sheet; top with an empty tin. Bake in a hot oven for 15 minutes, then unstack (*above*) and bake for 5 minutes more.

Assemblages: Combinations without Limit

Sauces, purées, garnishes and cases (*pages 32-37*) can be combined with whole cooked eggs for a wide range of assemblages, some of which are exemplified here. The choice of ingredients in each dish will obviously depend on personal taste—and on what is available. But the way the elements are put together—whether garnished very simply to display the egg, surrounded or coated with a sauce, or given a gratin finish—will also depend partly on how the egg is cooked.

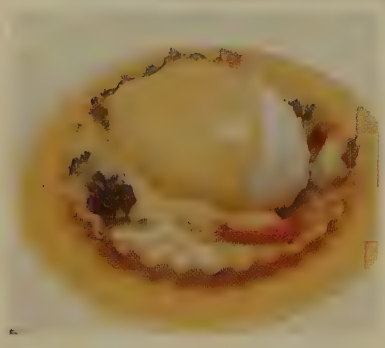
Poached, mollet and deep-fried eggs are all suitable. The hearty flavour of an egg fried in oil, however, blends happily with robust garnishes that might overwhelm a poached or mollet egg. The assemblage shown on the opposite page (*far right, below*), for example, combines a deep-fried egg with chopped spinach, salt anchovies and a tomato sauce. Because the surface of a deep-fried egg is crisp and golden, it should not be masked by the sauce; instead, surround the assembly with a border of sauce, as here.

Both the flavour and the appearance of poached or mollet eggs, however, are enhanced by gratinéing the assemblage to give it a brown topping. For such a finish, cover the egg with a sauce or purée, then sprinkle buttered breadcrumbs over it, and cook it for a few minutes in a hot oven, or under the grill. The sauce will prevent the eggs from overcooking while the breadcrumbs brown and crisp. Choose a white sauce—perhaps adding cream, cheese, or spinach or tomato purée—for a gratin; a delicate sauce such as hollandaise would curdle under direct heat.

Alternatively, you can top the gratin with cheese instead of breadcrumbs; the brief cooking process melts the cheese and gives the sauce a pale golden surface. The cheese should be a strongly flavoured variety with a texture hard enough for grating, such as Parmesan or Cheddar.

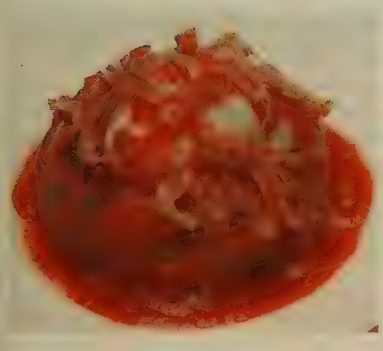
Whatever assemblage you choose to make, plan the cooking of the different elements so that all are hot when the time comes to assemble them. Make roux-based sauces first, so that they can simmer while you prepare other ingredients. Less stable sauces, such as hollandaise, are best made immediately before using them but, if necessary, they will keep for up to half an hour standing in hot water. Warm pre-cooked purées and garnishes over a low heat, stirring them frequently while they are reheating to prevent them from sticking to the bottom of the pan. Reheat previously prepared pastry and vegetable cases in a low oven.

Poached eggs should be trimmed after cooking and stored in cold water to keep them moist; dip them briefly in hot water to warm them just before using them. Mollet eggs can also be reheated in the same way, but deep-fried eggs will not keep satisfactorily, and should be cooked just before composing any assemblage that includes them.

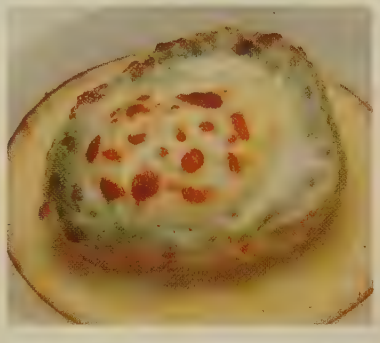


A pink-hued sauce. Make a white sauce (*page 32*). Combine creamed morels (*page 35*) with slivers of ham. Fill pre-baked pastry cases (*page 37*) with the morel mixture; top with poached eggs. Add tomato purée to the sauce; pour it over the cases.

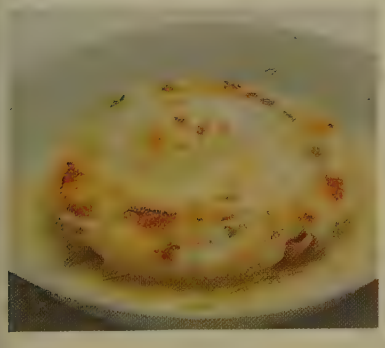
A coating of hollandaise. Make a hollandaise sauce (*page 32*) and prepare bread cases (*page 37*). Warm slivers of prosciutto ham in butter and pile them into the cooked bread cases. Top with poached eggs. Just before serving, pour the sauce over the filled cases.



A prosciutto topping. Make a tomato sauce and a mushroom purée (*pages 33 and 34*). Fill artichoke cases (*page 36*) with the purée and set them on a plate. Top each case with a mollet egg, cover with the tomato sauce and garnish with slivers of prosciutto ham.



A cheese crust. Prepare a cream-enriched white sauce (*page 32*). Using a food mill or processor, purée parboiled spinach; mix it with puréed potato to line potato cases (*page 36*). Top with poached eggs. Set in gratin dishes. Sauce, sprinkle with grated cheese and gratiné.



An asparagus filling. Make a white sauce (*page 32*) and add cream. Prepare an asparagus garnish (*page 35*). Fill pastry cases (*page 37*) with the asparagus. Top with poached eggs. Place on gratin dishes. Cover with sauce, sprinkle with grated Parmesan and gratiné.

An anchovy garnish. Make a tomato sauce (*page 33*). Prepare anchovy fillets (*page 35*). Fill bread cases (*page 37*) with parboiled, chopped spinach sautéed in butter; top with a deep-fried egg. Put the cases on serving plates, garnish with anchovies and surround with sauce.

Stuffing and Dressing Hard-Boiled Eggs

Halved, hard-boiled eggs are excellent candidates for assemblages (*preceding pages*) if the yolks are first removed and moistened with some creamy element that counteracts their relative dryness. Mashed to a paste and flavoured to taste, the yolks are then returned to the whites. Because the moistener binds the mashed yolks while adding to their bulk, you can mound the paste, so that each stuffed white takes on almost the form of a whole egg. Even so, some halved whites will normally be left over; chopped, they can be used to garnish other dishes.

In this demonstration, the egg yolks are bound with butter and laced with mustard, salt and pepper. Cream or a vegetable purée could replace the butter; chopped fresh herbs or a *tapenade*—puréed black olives blended with anchovy, garlic, brandy, olive oil and capers—are other suitable flavourings.

The stuffed eggs can be assembled with any of the cases, purées and sauces shown on pages 32-37. In this demonstration, each egg is set on an artichoke bottom lined with a purée of peas; the eggs are then coated with a basic white sauce (*recipe, page 167*), enriched with cream and tinted with tomato purée.

By the time the eggs have been stuffed, incorporated into the dish and sauced, they will need reheating. You can place them in a hot oven to warm through simply as they are or, as here, sprinkled with grated cheese—in which case they can be finished under a grill for a golden-brown gratin topping.

1 **Preparing the stuffing.** Hard boil eggs, then shell them (*page 25*). Cut the eggs in half lengthwise. With the point of a small knife, remove the yolk halves from the whites (*above*). Put the yolks in a bowl with softened butter, salt, freshly ground pepper and a little mustard. Use a fork to mash the ingredients thoroughly.

2 **Stuffing the eggs.** Choose the neatest of the halved egg whites for stuffing. Fill the hollows left by the yolks. Then place more stuffing on top of each half; use the bowl of the spoon to mould the stuffing and form it into rounded egg shapes.

5 **Topping the eggs with cheese.** Grate some hard cheese finely; Parmesan is used in the demonstration here, but Gruyère or Cheddar could be used as substitutes. Sprinkle the grated cheese over the sauced eggs and their cases. Place the dish in a preheated 220°C (425°F or Mark 7) oven.

3 **Lining the cases.** Spoon a layer of hot pea purée (*page 34*) into artichoke bottoms that have been parboiled and then sautéed in butter for extra flavour (*page 36*). Use the back of the spoon to spread the purée smoothly. Place the stuffed eggs on top of the beds of purée.

4 **Saucing the eggs.** Place the filled artichoke bottoms in a buttered ovenproof dish. Ladle over the sauce—in this instance, a cream-enriched white sauce mixed with tomato purée (*page 33*)—coating the eggs and their cases completely (*above*).

6 **Serving the dish.** Remove the dish from the oven after 5 to 10 minutes, when the eggs have heated through and the cheese has melted. If the cheese has not coloured in the oven, place the dish beneath a hot grill for a few seconds. Transfer the eggs to individual plates; spoon additional sauce over them.□

Integral Sauces that Counteract Dryness

One of the most attractive ways of serving hard-boiled eggs is to cut them up and combine them with a hot sauce. In addition to reheating the eggs, the sauce also counterbalances their relative dryness. The dish may then be served without further embellishment, or else coated with breadcrumbs or grated cheese and given a rapid gratin finish.

Although the eggs should ideally be boiled immediately before use—since hard-boiled eggs lose some moisture in storage—leftover hard-boiled eggs will also give good results. If the eggs have been kept in the refrigerator, bring them to room temperature first to reduce the time they will need to warm through; otherwise the eggs may become rubbery through overcooking.

Any thick, well-flavoured sauce can be used to coat the eggs—including those made from vegetable purées, such as tomato sauce (*page 33*) or the creamed sorrel sauce featured here (*recipe, page 107*). Sorrel lends a refreshing hint of tartness to the dish; for a milder effect, you could substitute creamed spinach (*recipe, page 165*). A gratin crust of crisp breadcrumbs adds another textural dimension. The crumbs will brown more evenly and have a finer flavour if they are first sautéed in butter (*Step 2, right*).

A thickened, flavoured white sauce also has sufficient body to complement hard-boiled eggs. In the lower demonstration (*recipe, page 105*), the sauce is prepared from a base of onions that have first been softened in butter. Like any roux-based sauce, the mixture needs lengthy simmering to rid it of the taste of raw flour. Near the end of cooking, egg yolks and herbs are stirred in for extra richness and flavour. The quartered eggs are added at the last minute; they need only be heated long enough to warm through.

There are many possible variations on this simple white sauce mixture. You can add extra ingredients—chopped chard leaves, for example—to the onions midway through cooking (*recipe, page 106*), or else enrich the finished sauce with double cream. To further extend the range of flavours, you could replace the milk in the sauce with a meat stock.

A Creamed Sorrel Gratin

1 **Coating the eggs.** Prepare a creamed sorrel purée (*page 35*). While the sorrel is stewing, boil some eggs for about 10 minutes and then shell them (*page 25*). Cut the eggs in half lengthwise and place them in a buttered ovenproof dish, with their cut sides uppermost. Spoon the creamed sorrel over the eggs (*above*).

2 **Preparing the breadcrumbs.** Remove the crusts from pieces of stale bread; crumble the bread to make coarse breadcrumbs. Melt butter in a frying pan set over a low heat. Stirring continuously, cook the breadcrumbs for about 5 to 6 minutes, until they turn a golden-brown.

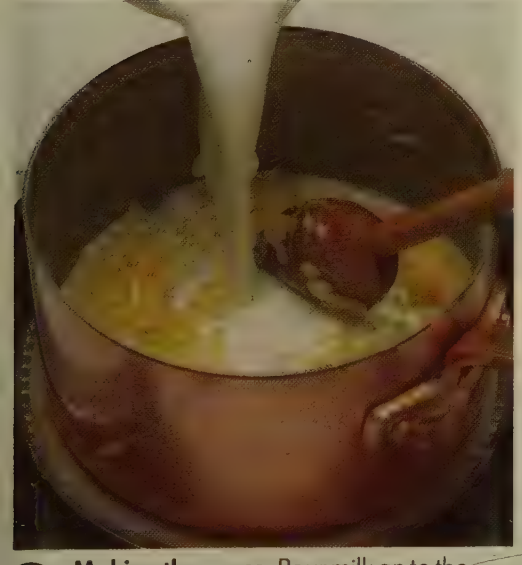
A Complement of Milk-Stewed Onions

1 **Starting the onions.** Melt butter in a heavy pan set over a low heat. Cut the onions crosswise into thick slices and add them to the butter (*above*). Stir until the onions are well coated with butter. If you like, season with salt and pepper.

2 **Incorporating flour.** Cover the pan, and set it over a heat-diffusing mat and allow the onions to cook at a gentle simmer. After 8 to 10 minutes, when the onions have softened and become a pale golden colour, sprinkle flour over them. Stir the onions thoroughly, until the flour and the butter form a smooth paste.

3 **Assembling the gratin.** Remove the breadcrumbs from the heat. After about 1 minute, when the crumbs are cool enough to handle, use your fingers to sprinkle them liberally over the surface of the sorrel-coated eggs (*above*).

4 **Serving the eggs.** Place the dish in a preheated, 200°C (400°F or Mark 6) oven. Cook for about 15 minutes, until the mixture is heated through and the surface is lightly browned. Remove the dish from the oven and serve the eggs on to warmed plates, including some of the gratin topping in each portion.□



3 **Making the sauce.** Pour milk on to the onion mixture (*above*). Turn up the heat and stir continuously while the sauce comes to the boil. Reduce the heat and leave the sauce to simmer for 25 to 30 minutes to cook the flour thoroughly.

4 **Adding the eggs.** While the sauce is simmering, hard boil and shell some eggs. Chop the eggs into quarters. Stir two or three raw egg yolks into the sauce to enrich it; for extra piquancy, you can sprinkle on some herbs—in this case, chopped parsley. Add the quartered hard-boiled eggs to the sauce (*above*).

5 **Serving the sauced eggs.** Leave the pan over the heat for 2 to 3 minutes to warm the eggs through. Serve the eggs directly on individual warmed plates. Or you could transfer the eggs to a shallow, buttered ovenproof dish and give them a rapid gratin finish in the oven or under a hot grill (*Steps 2 to 4, above*).□

Croquettes: Crisp Yet Moist

Fried in a coating of breadcrumbs, hard-boiled eggs turn crisp on the outside yet retain an appetizing tenderness within. To add moistness, the eggs are chopped and combined with a binder; the mixture must be firm enough to mould into flattened cylinders, as shown on the opposite page (*recipe, page 110*).

In this demonstration, the binder is made with the same ingredients as a white sauce (*page 32*); but the ratio of milk to butter and flour is smaller, to give the mixture a stiff consistency. A raw egg yolk, stirred into the paste, adds extra richness. If you like, you could vary the dish by using stock (*recipe, page 165*) instead of milk, or by flavouring the binder with herbs, mushrooms or ham.

After the egg pieces have been added, the mixture should be left to cool thoroughly: it will firm up and become easier to shape. While it is cooling, you can grate the breadcrumbs; use bread at least two to three days old that will crumble easily. Before coating with breadcrumbs, the croquettes can, if you like, be dipped in flour and then in beaten egg.

The croquettes can be fried rapidly in very hot, deep oil; but you may find it more convenient to cook them, as here, in fairly shallow oil—just enough to half cover them. For shallow frying, the oil should be hot enough to sizzle when the croquettes are added, but no hotter. The croquettes must be turned over half way through the cooking; they will take 5 to 10 minutes to crisp on both sides.

1 **Preparing the eggs.** Shell hard-boiled eggs and cut each egg in half lengthwise. Lay the halves flat side down and slice them thickly crosswise (*above*), then chop the slices into even-sized pieces.

2 **Finishing the sauce.** Make a thick white sauce and cook it for 4 to 5 minutes, stirring it continuously. Remove the pan from the heat. Stir in a raw egg yolk (*above*). Season the sauce to taste with salt and pepper; if you like, add a grating of nutmeg or a dash of cayenne pepper.

5 **Frying the croquettes.** Pour 1 cm (½ inch) of oil—enough to reach half way up the sides of the croquettes—into a frying pan. Set the pan over a high heat. When the oil is sizzling, adjust the heat to medium and lower the croquettes into the oil one by one. When the undersides have browned, after about 3 minutes, turn each croquette with a spatula and brown the other side. Drain them on paper towels; pat the tops dry with additional towels.

3 **Adding the eggs.** Stir the chopped egg pieces into the hot sauce. Allow the mixture to cool completely. If you like, you can place the pan in the refrigerator when the mixture is nearly cool—this will help it to firm up more quickly.

4 **Shaping the croquettes.** Use a serving spoon to scoop out the chilled egg and sauce mixture, a heaped spoonful at a time. Set each spoonful in breadcrumbs; sprinkle more breadcrumbs over the mixture, then roll it over until it is completely coated (*above, left*). Pat each croquette gently with the palm of your hand to flatten it slightly and to fix the breadcrumbs in place (*above, right*). Leave the croquettes for a few minutes to set the coatings.

6 **Serving the croquettes.** Place the cooked croquettes on a warmed serving plate. Serve them plain, as they are, or accompanied, if you like, by a tomato sauce (*page 33*), presented separately rather than poured over the croquettes so as not to spoil their crispness.□

A Glistening Coating of Aspic

Transparent amber jelly sets off the simple beauty of the egg's form, and the combination is as pleasing to the palate as it is to the eye. The softness of poached and mollet eggs, in particular, is enhanced by the trembling jelly, itself moist enough to melt on the tongue.

Such a jelly is known as aspic. Essentially, it is a veal stock—prepared by simmering meat and aromatic vegetables in water until their savour has been transferred to the liquid *(box, right, below; recipe, page 165)*. But to ensure that the liquid will set firmly when chilled, you must include some gelatinous meats—calf's feet, for example, or pig's trotters. Such natural sources of gelatine will yield an aspic that is firm enough to retain its shape when unmoulded, without being tough and rubbery.

Crystal clarity is as important a feature of aspic as the right consistency. To achieve transparency, the stock must be scrupulously skimmed of impurities as it comes to a simmer, then strained through dampened muslin at the end of cooking. Finally, once the jelly has cooled, every remaining trace of fat must be removed with a spoon or damp cloth.

Eggs are often set in aspic in individual moulds; for a different presentation, you can set several eggs together in a ring mould, as shown in this demonstration. If you like, you can add simple garnishes, to flavour the dish as well as decorate it. Leaf garnishes—tarragon, for instance, or the watercress used here—should be dipped in hot water to wilt them, so they lie flat. Other possible garnishes include sliced, stoned black olives, or strips of grilled pepper, prosciutto or cooked ham. Whatever your choice, set the garnish between thin layers of aspic, to keep it in place, before adding the eggs.

1 **Setting the eggs.** Melt some jellied stock (*box, below*) over a low heat. Ladle a thin layer of the stock into a ring mould and refrigerate it for about 10 minutes, or until set. Dip 2 or 3 sprigs of watercress in hot water, separate the leaves from the stalks and dry the leaves on a paper towel. Dip them into the melted stock. Arrange the leaves around the mould at regular intervals, then add another thin layer of stock. Refrigerate the mould again; when the second layer has set, position shelled mollet eggs between the leaves (*above*). Fill the mould with just enough stock to cover the eggs.

Making a Jellied Stock

1 **Assembling the meats.** Set a wire rack in a stock-pot; the rack will prevent the ingredients of the stock from sticking. Put bones and meat—in this case, neck and knuckle of veal and pig's trotters—into the pot. Pour in cold water to cover the ingredients by 5 cm (2 inches).

2 **Removing the scum.** Set the pot on a fireproof mat over low heat. As the water approaches the boil, use a spoon or scumming ladle to skim the froth that rises to the surface. Add cold water and skim again as the water comes to the boil. Repeat until no more scum rises. Do not stir.

2 **Unmolding the eggs.** [illegible]

3 **Soaking [illegible].** [illegible]

4 **Straining the syrup.** [illegible]

5 **Setting the syrup.** [illegible] syrup before melting it for use.

3

Scrambled Eggs and Omelettes

Enticing Possibilities from Beaten Eggs

Scrambling for a creamy texture
Stirring in flavourings
How to roll an omelette
Two ways to cook flat omelettes through
Light results with beaten whites
Sandwiching a filling
Assembling a tiered loaf

The simple action of beating eggs makes a crucial difference to the way they cook. Left whole, the white firms more rapidly than the yolk; but the blended white and yolk of beaten eggs set simultaneously. If the eggs are stirred constantly—scrambled—they retain a semi-liquid consistency. Unstirred, the eggs will naturally thicken and cohere; this characteristic is exploited in omelette cookery.

Gentle cooking is essential for impeccable scrambled eggs: the lower the heat and the longer the cooking time, the creamier the finished dish will be. The only essential accompaniments are seasonings and butter—used both to line the cooking vessel and to enrich the eggs. However, you can also create new flavours and textures by combining the eggs with other ingredients. Pre-cooked vegetable pieces—sliced asparagus, for instance (*page 50*)—can be added mid-way through scrambling, to warm with the eggs; alternatively, the eggs can be stirred in with semi-liquid vegetable mixtures while these are cooking (*page 52*).

Omelettes, on the other hand, are normally cooked over high heat, to create firm outer casings with soft interiors. They can be presented in a multitude of ways. Rolled (*opposite*), they may be served as they are or else used to enclose a filling—either wrapped in their folds or inserted into a slit cut in the omelette's upper surface (*page 56*). If the omelettes are left unrolled, the eggs can be combined with a generous quantity of other ingredients (*page 60*), and either served on their own or else assembled into a multi-layered loaf (*page 65*). Thin flat omelettes can be used to sandwich a filling (*page 62*). For an unusually thick omelette that will puff up in the pan, you can separate the eggs and beat the whites and yolks independently before blending them together (*page 58*).

Eggs can be scrambled in any heavy-bottomed pan that will conduct heat well; but omelettes should always be prepared in a special, heavy pan with curved sides that allow the cooked omelette to slip out easily. Omelette pans are traditionally made of steel and, when new, require seasoning with oil to ensure a smooth surface. After washing and drying the pan, heat about 2 cm ($\frac{3}{4}$ inch) of oil in it until the oil starts to smoke, then pour off the oil and wipe the pan dry. Once you have seasoned the pan, never wash it, or you will have to season it again; simply clean the pan with either a dry cloth or a paper towel.

A plain, rolled omelette—its centre still slightly liquid—slips from the pan on to a warmed serving plate. It has cooked in butter over a high heat for less than a minute—just enough to colour its underside lightly.

An Unhurried Approach to Scrambling

Scrambled eggs for many people are a quickly made snack with a slightly dry, curd-like texture. But by investing a generous amount of butter and sufficient time for slow, gentle cooking, you can transform the dish into a delicacy—soft, barely set flakes in a rich cream.

Scrambled in this fashion, the eggs are delicious on their own; you can add extra flavours by sprinkling herbs—marjoram or chervil, perhaps—into the eggs before scrambling them, or by adding a hot garnish just before the eggs are ready to serve. For extra savour, you can include truffle; to get the full benefit of its pervasive aroma, add the raw eggs to the sliced truffle—or even truffle parings—before cooking (*box, opposite page*).

Slow, gentle cooking is the key to the whole process: if the eggs are cooked fast they will become tough, dry and lumpy. Choose a heavy-bottomed pan that will conduct heat uniformly, and set it on a heat-diffusing mat over a very low heat, or, as demonstrated here, in a bain-marie. By completely surrounding the pan with water in this way, you can ensure that gentle heat spreads evenly all around the pan. The risk of overcooking is therefore minimized—and the cooking time is in fact shortened because of the heat on the sides of the pan.

If you are adding a hot garnish, such as the asparagus slices shown in this demonstration, do so towards the end of the cooking, just as the eggs begin to thicken. Other light vegetable garnishes could include sautéed courgette slices, parboiled peas, or artichoke bottoms that have been sliced and stewed in butter.

Whether the eggs are served on their own or with a garnish, it is vital to prevent further cooking as soon as the right consistency is reached. Cold butter or cream, gently stirred into the eggs once they have been removed from the heat, will arrest the cooking process as well as providing further enrichment.

1 **Preparing the eggs.** Butter the bottom and sides of a heavy pan. Break eggs into a bowl. Season with salt and black pepper; add small cubes of butter, allowing up to 30 g (1 oz) to every four eggs. Beat the eggs with a fork until the yolks and whites are mixed together. Tip the mixture into the pan (*above*).

3 **Adding a garnish.** When the eggs begin to thicken, you can add any hot garnish which has been pre-cooked—in this case, sliced asparagus that has been parboiled for a few seconds, drained and then briefly sautéed in butter (*page 35*). Stir the asparagus slices into the scrambled eggs (*above*).

4 **Checking the consistency.** Remove the pan from the water. Continue to stir: the heat from the pan and the garnish will go on cooking the eggs. Should the eggs fail to cook to the consistency you require, replace the pan briefly in the hot water to thicken the mixture further.

5 **Serving the scrambled eggs.** When the mixture has reached a smooth, creamy consistency, add a handful of cold butter cubes to arrest the cooking and to provide extra richness. Stir until the butter is thoroughly incorporated, then serve the scrambled eggs straight from the pan on to warm plates (*above*).

2 **Cooking the eggs.** Set the pan on a trivet inside a large casserole. Pour enough hot water into the casserole to come two-thirds of the way up the sides of the pan. Set the casserole over a low heat; adjust the heat to keep the water just below boiling point. With a wooden spoon, stir continuously as the butter cubes melt (*above, left*). Continue stirring—carefully scraping the bottom and sides of the pan, where the mixture cooks first—as the eggs begin to acquire more body and turn opaque (*above, right*).

Perfuming with Truffle Slices

Flavouring the eggs. To allow the flavour of truffle to permeate the eggs, slice a scrubbed truffle thickly. Set the slices in a buttered pan and break the eggs over them (*above*). After about an hour, add butter and seasonings; beat the eggs with the truffles, then cook them as shown on the left (*Steps 2-5*).

6 **Garnishing with croûtons.** If you like, garnish each serving of scrambled eggs with a scattering of croûtons (*right*), made by sautéeing small cubes of slightly dry bread in butter for 1 to 2 minutes until golden. Drain the croûtons on paper towels before serving.□

Extensions of an Elemental Technique

Scrambling (*page 50*) is a versatile technique that can be adapted to produce a range of dishes that share the smooth creaminess of classic scrambled eggs yet vary widely in flavour.

Combined with a liquid and grated cheese, for instance, eggs yield a pungent, flowing mixture that is reminiscent of a traditional fondue (*page 82*). In the demonstration on the right, the liquid is white wine, which has been reduced to concentrate its flavour (*recipe, page 113*); you could substitute meat or poultry roasting juices for the wine (*recipe, page 113*).

To make a more aromatic dish, you can soften vegetables in butter or oil and then add the eggs half way through cooking; stirred constantly as they cook, the eggs will bind the mixture and give it a creamy texture. In the demonstration below, tomatoes and fresh basil add a Provençal flavour (*recipe, page 115*). Other good vegetable bases are diced aubergines or a Spanish mixture of mashed tomatoes, chopped onions, peppers and courgettes (*recipes, page 116*).

A Smooth Mélange of Wine and Cheese

1 **Reducing wine.** Pour white wine into a saucepan; add peeled, chopped garlic. Set the pan over a medium heat. Bring the wine to the boil, and let it bubble until it is reduced by half. Strain the wine through a fine-meshed sieve into a bowl to remove the garlic. Leave it to cool.

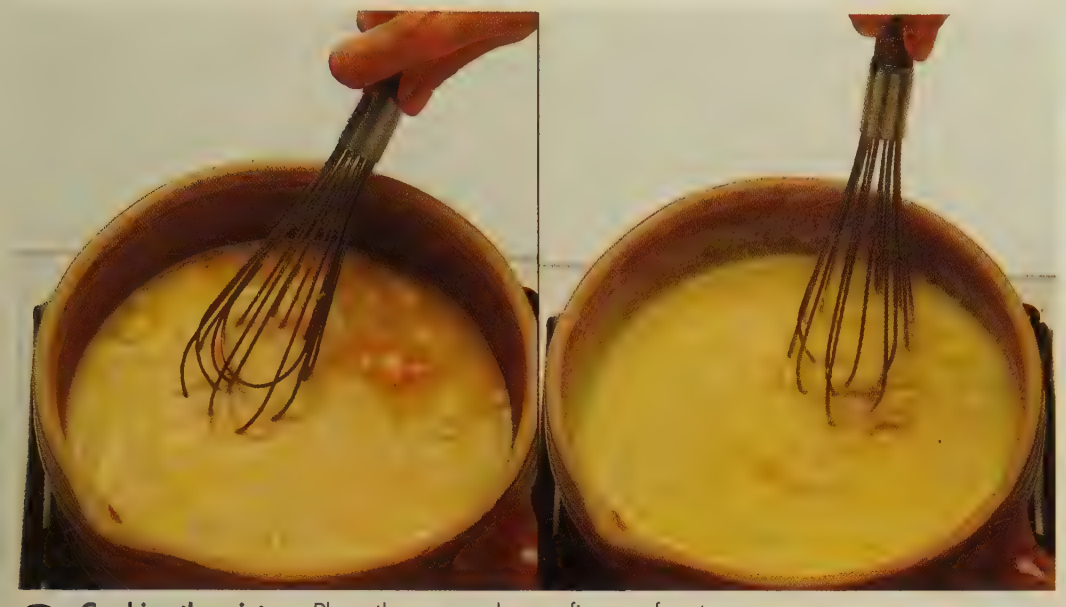
2 **Mixing the ingredients.** Butter the bottom and sides of an earthenware casserole and break eggs into it. Add more butter—cut into cubes for rapid melting—and the cooled wine, pepper and salt. Beat the mixture lightly until the yolks and whites blend. Then add the cheese—here, coarsely grated Gruyère.

An Aromatic Blend of Tomatoes and Herbs

1 **Preparing the tomatoes.** Cut out the cores of tomatoes, then dip the tomatoes into boiling water for a few seconds to loosen their skins. When the tomatoes cool, peel off the skins. Cut each tomato in half horizontally. Squeeze the halves gently to force out the seeds and some of the juice. Chop the halves coarsely.

2 **Cooking the tomatoes.** Heat olive oil in a frying pan. Add the chopped tomatoes, crushed whole garlic cloves, salt, a little sugar and a bouquet of herbs. Cook the mixture over a low heat, stirring it occasionally to prevent sticking, until the cooking juices evaporate. Remove the garlic and the bouquet (*above*).

3 **Adding the eggs.** Break eggs into a mixing bowl; add butter cubes and salt and pepper to taste. With a fork, beat the eggs lightly to blend the yolks and whites. Add them to the simmering tomatoes.



3 **Cooking the mixture.** Place the casserole on a fireproof mat over a low heat. With a whisk or fork, stir the egg and cheese mixture slowly while the butter and cheese melt (*above, left*). Stir more briskly once the mixture has blended (*above, right*), constantly using the whisk or fork to scrape the sides and bottom of the casserole, where the eggs cook most rapidly.

4 **Serving the fondue.** When the mixture begins to thicken, remove the casserole from the heat. Keep stirring for another minute or so while the heat from the casserole continues to cook the eggs. When the dish reaches the consistency of thick cream, serve it immediately on to warmed plates (*above*).□

4 **Scrambling the eggs.** With a wooden spoon, stir the eggs to distribute them evenly through the tomato mixture. Continue to stir constantly as the eggs cook, carefully scraping the bottom and sides of the pan to prevent overcooking.

5 **Flavouring with basil.** When the eggs begin to thicken, add a handful of fresh basil leaves (*above*), chopped at the last moment since the cut surfaces will blacken with prolonged exposure to the air. Stir the leaves into the mixture.

6 **Serving the dish.** Remove the pan from the heat. Continue to stir for a few more seconds while the heat of the pan continues to cook the mixture. When the eggs have thickened to the desired consistency, serve them at once on to warmed plates (*above*).□

Rolled Omelettes: Masterpieces in a Moment

A perfect rolled omelette is an object lesson in culinary economy. Its making takes very little time and no special equipment other than a heavy, carefully seasoned omelette pan. The only ingredients required are fresh eggs, butter, salt and pepper—and any flavourings you have chosen to use.

The eggs should be beaten only lightly, to preserve their fresh yolk taste and to prevent stiffening. Beating is best done immediately before cooking; if you set the beaten eggs aside they will separate and you may have to beat them again. Butter, cubed for fast, even melting, enriches the omelette; allow 15 g (½ oz) for three eggs.

The mild taste of the eggs can be enhanced by any of a wide range of flavourings. Fresh marjoram, parsley or a *fines herbes* mixture (*box, right, below*) bring a breath of fragrance; if fresh herbs are unavailable, dried marjoram or oregano are good aromatic substitutes. Other ingredients that can be added—with discretion—before the eggs are cooked include slices of asparagus, chopped anchovy fillets, a sliced truffle, sautéed mushrooms, finely shredded sorrel leaves or crushed pistachio nuts (*recipes, pages 118-133*).

Whatever flavourings you use, cooking must be brisk, and the pan should be well heated before the eggs are added. The omelette should set and be ready to serve in less than a minute; cooked slowly, it would lose its moistness.

While integral flavourings such as herbs are added to the egg mixture before cooking, more substantial garnishes—carp roes, for example (*recipe, page 127*), or sliced lettuce leaves, sautéed and moistened with a cream sauce (*recipe, page 119*)—can be prepared in advance and added hot, just before the omelette is folded (*Step 6, right*). This is also the best time to incorporate cheese; if added at the start of cooking it will cause the omelette to stick as it melts. Whatever filling you use, wrap the omelette neatly around it and then serve at once.

1 **Assembling the ingredients.** Break eggs into a shallow dish—the shallowness will facilitate rapid beating. Add salt, freshly ground black pepper and some cold butter cut into small cubes. If you like, add flavourings—in this instance, some finely chopped fresh herbs (*box, below*).

2 **Beating the eggs.** Warm a seasoned omelette pan for a few seconds over a high heat. Add a piece of butter—about 15 g (½ oz) is enough to coat a 20 cm (8 inch) pan. While the butter melts, beat the seasoned eggs and butter lightly with a fork (*above*). Beat just enough to combine the yolks with the whites.

A Fragrant Bouquet of Herbs

Preparing fines herbes. Equal quantities of parsley (*above, right*), fresh chervil (*foreground*) and chives (*centre*), plus a small quantity of powerful tarragon (*background*), make up the classic *fines herbes* mixture. Strip the tarragon leaves from the stalks and chop them finely. Hold the parsley and chervil tightly by the stems while you slice the leaves; discard the stems. Bunch the chives and chop the long strands (*above*).

6 **Rolling the omelette.** With the fork, fold the near edge of the omelette into the omelette's centre. Tilt the pan away from you, then slide the prongs of the fork under the fold and roll the omelette over towards the far edge of the pan.

3 **Adding the eggs.** Tilt the pan in all directions to coat the base evenly with the melted butter. When the butter begins to foam and just before it starts to brown, pour in the beaten eggs (*above*).

4 **Stirring the mixture.** Pass the flat of the fork 2 or 3 times through the eggs so as to expose as much of the mixture as possible to the heat of the pan. Never stir with the prongs of the fork; they would scratch the seasoned surface of the pan, causing the omelette to stick.

5 **Lifting the omelette's edge.** When the base of the omelette has begun to set, use the fork to lift the edge of the omelette (*above*). Tilt the pan at the same time, so that any egg which is uncooked will run underneath the cooked egg and set. Repeat the lifting and tilting process around the pan's side to allow as much liquid egg as possible to run under.

7 **Sealing the fold.** With the prongs of the fork, pull the far edge of the omelette back from the side of the pan over the folded section. Seal the fold by gently pressing down on the top of the omelette with the flat of the fork for a second or two. Keep the tilted pan over the heat for 3 to 4 seconds so that the bottom of the folded omelette browns slightly. Remove the pan from the heat.

8 **Serving.** Tip the pan sharply against the edge of a warmed plate so that the omelette rolls on to the plate browned side uppermost (*inset*). To give the omelette a sheen, you can draw a small piece of butter across the surface. Serve immediately, while the omelette is still hot and moist and soft inside (*above*).□

Finishing with a Filling

The usual way to fill an omelette is to roll it around its filling (*page 54*). But for a more dramatic effect, you can slit the top of the omelette open, forming a pouch for the filling, which may then serve as a foundation in which to embed additional garnishes such as poached or mollet eggs. To turn the filled omelette into a full-scale assemblage, you can go on to coat it with a sauce, sprinkle it with grated cheese or breadcrumbs, and put it under a grill for a gratin finish.

Many of the garnishes and sauces used for whole egg assemblages (*pages 32-35*) are also suitable for assembled omelettes. Here, for example, a mushroom purée set in the omelette provides a bed for poached eggs, which are subsequently masked with a creamed white sauce (*recipe, page 167*). You could equally well substitute puréed peas or morels stewed in butter (*pages 34-35*) for the mushrooms; and cheese or puréed tomatoes (*page 33*) could be added to the creamed white sauce. Prepare the sauces or garnishes in advance before you make the omelette.

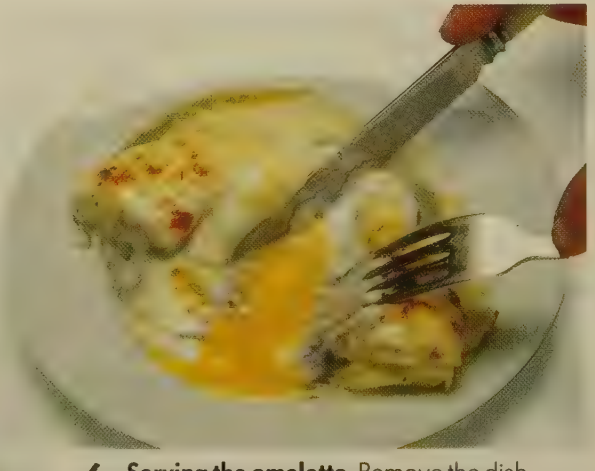
1 **Opening the omelette.** Prepare the filling and garnishes—in this case a mushroom purée (*page 34*) and trimmed poached eggs (*page 26*)—and make a white sauce (*page 32*). Keep the filling and the sauce hot while you make a large plain omelette (*page 54*). Tip the omelette—with the folded side underneath—on to a warmed ovenproof dish. Use a knife to cut a fairly long slit along the top of the omelette (*above*) leaving about 4 cm (1½ inches) of omelette intact at each end. Take care not to cut through the underside of the omelette, which should also remain intact.

4 **Coating the omelette.** Remove the white sauce from the heat, then stir into it enough double cream to increase its volume by half; if you like, you can also add grated Parmesan or Gruyère cheese. Taste the sauce for seasoning. Spoon the sauce over the omelette to coat its entire surface (*above*).

5 **Topping with grated cheese.** Sprinkle grated cheese—Parmesan is used here—evenly over the sauce. Position the omelette under a preheated grill so that its surface is 5 cm (2 inches) or less from the heat source. Leave it for 2 to 3 minutes, or until lightly browned.

2 **Filling the omelette.** With the knife blade, ease open the slit in the omelette to make a shallow pouch. Spoon in sufficient of the purée to fill the pouch completely; a seven-egg omelette, as used in this demonstration, will take about 3 tablespoonfuls of purée. Smooth down the filling with the back of the spoon.

3 **Adding poached eggs.** Lift the poached eggs from the cold water in which they have been placed after cooking. Dip them for a few seconds in hot water, to warm them. Using your hands to lessen the risk of breaking the fragile yolks, arrange the eggs, side by side, in a neat row along the top of the filling.



6 **Serving the omelette.** Remove the dish from under the grill (*left*). Divide the omelette into individual portions, making sure that each guest has a poached egg; spoon any sauce remaining in the dish over the servings. The yolks of the poached eggs should still be liquid when the omelette is served (*above*).□

Separating Yolks and Whites for a Soufflé Effect

By separating the yolks and whites of eggs and beating them independently, you can create an omelette mixture that will puff up on cooking and assume something of the light, risen texture of a soufflé (*page 76*). Often dusted with sugar and baked with sweet fillings as a dessert, such omelettes are also delicious when cooked in butter in an omelette pan and simply seasoned with salt and pepper or flavoured with a savoury sprinkling of fresh or dried herbs.

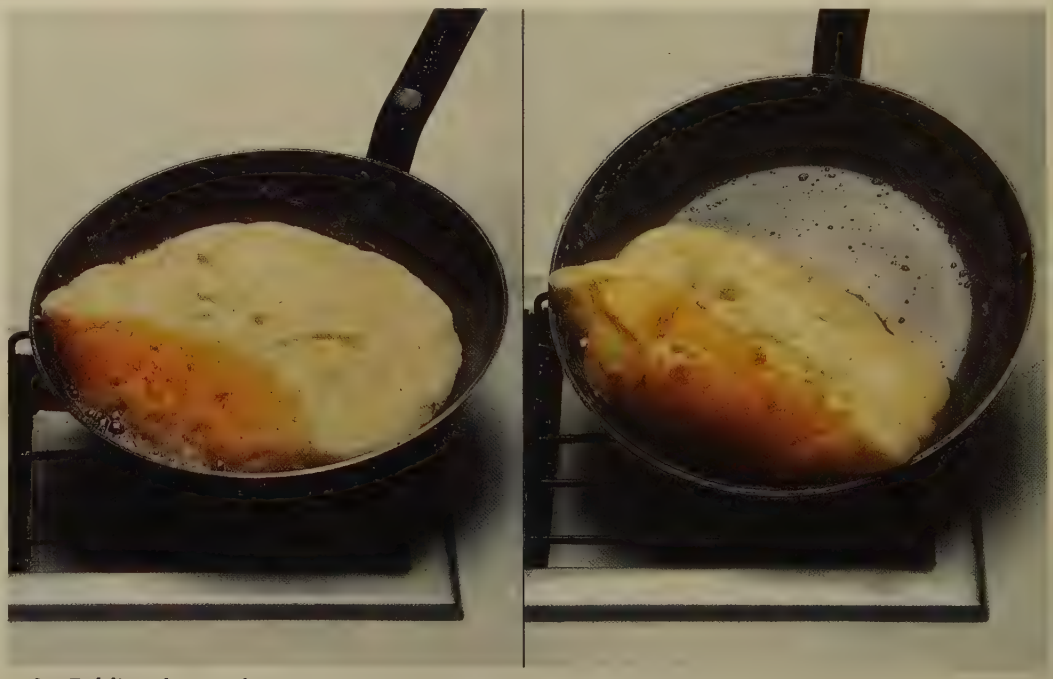
Soufflé omelettes owe their lightness to the air that is incorporated into the whites when they are beaten. To expose as much of the egg white to the air as possible, work with a wire whisk, and lift up the mixture as you beat it. A bowl made of unlined copper is also a valuable aid: the metal reacts harmlessly with the whites to form stronger air bubbles. Clean the bowl carefully before use, lest a layer of tarnish inhibits the reaction; rub the bowl with a salt and vinegar solution, then rinse and dry it.

To ensure that trapped air is not lost, the whites should be blended with the yolks immediately after beating. Combine them gently by hand or with a rubber spatula and cook the mixture at once, before the liquid that is held in suspension settles to the bottom of the bowl.

During cooking, the mixture will swell slightly as the heat of the pan forces the trapped air to expand. Soufflé omelettes are consequently too puffy to fold more than once. The simplest way of folding them is to tilt the pan so that the omelette slides forwards, then jerk it repeatedly until the farther edge of the omelette flips back upon itself (*Step 6, right, below*). The cooked omelette should not be heavily garnished; serve it either on its own or surrounded by a simple sauce (*page 32*).

1 **Separating the eggs.** Break each egg by cracking the shell against the edge of a bowl. Pull away half of the shell, leaving the yolk in the other half, and let the white drip into the bowl. Pass the yolk gently from one half-shell to the other, taking care that no yolk falls into the bowl, until all the white has dripped out. Place the yolks in a shallow dish.

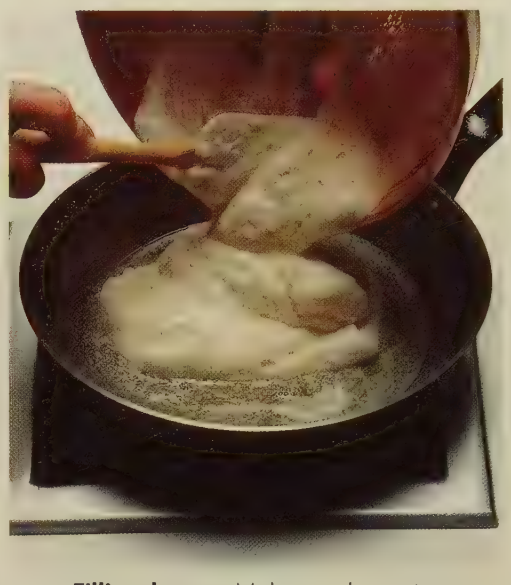
2 **Blending the yolks.** Season the yolks with salt and pepper. For extra richness add double cream or, as here, cubes of cold butter, allowing 15 g (½ oz) for every three egg yolks. With the flat of a fork, beat the yolks until lightly blended *(above)*. Do not worry if some pieces of butter remain whole; they will melt during cooking.



6 **Folding the omelette.** Shake the pan gently from time to time; when the underside has set and the omelette slides easily, it is ready for folding. Tilt the pan away from you. With a rhythmical movement of the forearm, jerk the pan forwards and up to fold the lip of the omelette back over the omelette's top *(above, left)*. Repeat this action until the omelette is folded in two *(above, right)*.

3 **Beating the whites.** Add a pinch of salt to the whites. With a wire whisk, beat the whites slowly in a continuous figure-of-eight motion. When the whites begin to change to a frothy foam, beat them rapidly until they are stiff enough to cling firmly to the whisk (*above*). Lift the whisk as you beat, to incorporate air.

4 **Folding in the egg yolks.** Scrape the yolks into the beaten whites (*above*). Using a spatula or one hand, lift the white foam from the bottom of the bowl over the top of the yolks, turning the bowl with the other hand. Continue folding with an up-and-over motion, until yolks and whites are thoroughly mixed.



5 **Filling the pan.** Melt some butter in an omelette pan over a moderate heat. When the butter is foaming, tip the omelette mixture into the pan, using a spatula to scrape all of the mixture from the bowl. With the spatula, spread out the mixture to form an even surface.

7 **Serving.** Slide the folded omelette on to a warm plate and serve it immediately. In contrast to the lightly coloured surface, the centre of the omelette should be soft and creamy and interspersed with small bubbles of air (*left*).□

Flat Omelettes, Thick and Thin

Flat omelettes assume several different forms. There are pancake-thin omelettes that can be sealed in pairs around fillings (*page 62*), and more substantial mixtures in which one or two eggs are combined with a generous amount of other ingredients for a single serving (*right*). Other, larger omelettes, as thick as small cakes, are cut into wedges to provide two or more helpings (*right, below*).

The proportion of eggs to other ingredients in flat omelettes is often quite low. In the top demonstration here, for example, a single egg is enough to bind about 250 g (8 oz) of courgettes that have first been shredded, salted and drained of excess moisture, then sautéed (*box, far right*).

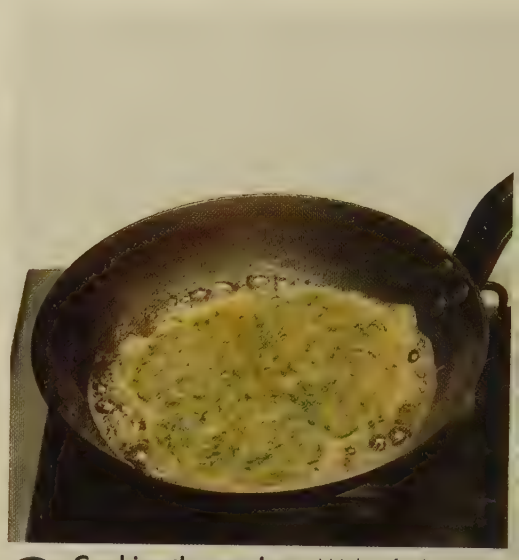
Omelettes that are less than about 1 cm (½ inch) thick are cooked over a high heat, like rolled omelettes (*page 54*). However, since they lack the heat trapped in the folds of a rolled omelette to finish the cooking, you must pay special attention to setting their tops. The quickest way is to flip the omelettes over by tossing them. Alternatively, you can cook the exposed upper surface by passing the omelette pan briefly under a hot grill.

Omelettes thick enough to serve in wedges should be started over a high heat to set the underside, then in order to cook the omelette through gently, the temperature should be lowered and the pan covered with a lid. Too cumbersome to toss, such omelettes can be reversed on to a plate held upside down over the pan, and then returned to the pan to complete their cooking. Otherwise these omelettes too can be finished beneath a grill—sprinkled, if you like, with grated cheese or breadcrumbs for a gratin finish.

The omelette shown in the lower demonstration has a generous quantity of spinach that has been parboiled, squeezed dry, chopped and then turned for a few moments in butter for extra flavour. Alternatively, you could substitute chard leaves, prepared in the same way. Or you might prefer to experiment with combinations of other ingredients; in Italy and Spain, for instance, vegetable mixtures are often combined with salami (*recipe, page 126*) or ham (*recipe, page 124*).

A Marbling of Shredded Courgettes

1 **Starting the omelette.** Prepare some courgettes (*box, right*). In a large mixing bowl, lightly beat eggs with cubes of butter and a little pepper. Stir in the prepared courgettes. Over a high heat, warm butter or oil in an omelette pan. When the fat starts to foam, add the egg and courgette mixture (*above*).



2 **Cooking the omelette.** With a fork, spread the mixture evenly. A courgette omelette should then be left to cook undisturbed for about 1 minute, until the underside firms. If you are cooking a plain omelette—or a thinner, flavoured omelette—lift the edges in three or four places when the underside has set to allow liquid egg to run underneath.

Spinach: a Robust Partner

1 **Starting the omelette.** Parboil some spinach; squeeze it dry, chop it, and cook it briefly in butter. Beat eggs with butter cubes and seasonings. Stir in the spinach; here, six eggs are combined with 1 kg (2 to 2½ lb) of spinach. Over a high heat, warm butter or oil in a large omelette pan. When the fat foams, add the egg and spinach mixture (*above*).

2 **Cooking the omelette.** Smooth the surface of the mixture with the flat of a fork. Lower the heat, and cover the pan with a lid (*above*). Continue to cook gently for about 5 minutes or until the surface of the omelette begins to set. Remove the pan from the heat.

3 **Tossing.** As soon as the omelette slides easily in the pan, lift the pan a little off the heat. Tilt the pan so that the omelette slides to the edge of the pan furthest from you (*above, left*); then, with a rapid scooping movement of your whole arm, lift the pan upwards and towards you in an arc, so that the omelette flips over (*above, right*). Cook the omelette for a few seconds more to set the second side, then slide it out of the pan. Serve the omelette immediately.□

3 **Finishing the omelette.** Sprinkle the surface of the omelette evenly with grated cheese—in this case, Parmesan. Place the pan under a hot grill. When the surface of the omelette sets and the cheese browns to a light crust—about 5 minutes—slip the omelette out of its pan on to a warmed serving dish (*above*).

4 **Serving the omelette.** Cut the omelette into wedges. Use a wide, flat spatula or a cake slice to transfer the wedges to warmed serving plates (*above*) and serve at once. Alternatively, you can leave the omelette to stand for about 15 minutes, to allow the vegetable flavour to develop, and serve the omelette tepid.□

Extracting Excess Moisture

1 **Shredding and salting.** Wash the courgettes and trim off the tips and stems. Use a rotary shredder (*above*) or a box grater to shred the courgettes coarsely. Place the shreds in a bowl in 2 to 3 cm (1 inch) layers; sprinkle each layer lightly with salt.

2 **Draining and cooking.** After about 30 minutes, squeeze the courgettes with your hands (*above*) to extract excess liquid. Sauté the courgettes in a little oil or butter over a moderate heat for 6 to 7 minutes, tossing frequently. If you like, add fresh marjoram for extra flavour.

A Filled Sandwich Finished in the Oven

Sealed around a filling, two plain, flat omelettes can be briefly cooked a second time to absorb the flavours of the filling and to form a gratin coating. The resulting omelette sandwich is cut into wedges.

Sliced or puréed pre-cooked vegetables provide ideal fillings for such a dish; their clean, simple flavour and moist texture perfectly complement the eggs. In this demonstration (*recipe, page 135*), sorrel, melted into a purée, adds a pleasantly acid note; sliced asparagus that has been parboiled and briefly sautéed (*page 35*), sliced artichoke hearts stewed in butter, or tomatoes, onions and peppers cooked in oil until most of the juices evaporate are a few of the alternatives.

To provide cohesion, some binding or thickening ingredient should also be combined with the vegetables. A blend of egg yolks and cream is used here to give the sorrel a sauce-like smoothness; breadcrumbs and grated cheese are then added for extra body and flavour. Less cohesive fillings, such as the tomato, onion and pepper mixture, could be combined with rice for body and bound with beaten egg.

For an entirely different effect, you could use a seafood filling—for instance, fresh shrimps, parboiled for about 5 minutes until tender—bound with a white sauce (*page 32*) and breadcrumbs.

The omelettes themselves require no flavouring other than a little butter and seasonings. They need not be turned: any liquid egg on the lower omelette's surface will blend into the filling, while the upper omelette will receive further cooking as the sandwich is given its gratin finish.

1 **Preparing the filling.** Cook finely shredded sorrel leaves in butter over a low heat for 5 minutes until the sorrel has melted to a purée. In a small bowl, beat egg yolks with double cream; reserve the egg whites. Stir the yolk and cream mixture into the sorrel with a wooden spoon (*above, left*). Then stir in equal quantities of breadcrumbs and grated Parmesan cheese (*above, right*). When the mixture starts to thicken, remove the pan from the heat.

4 **Adding the filling.** Spoon the sorrel mixture on to the omelette (*above*). Use the back of the spoon to smooth the filling so that it is level with the top of the bread fingers. Make a second, unturned flat omelette (*Step 2, above*). Slide it out of the pan, moist side up, into place on top of the sorrel filling, aligning the edges of the omelette with the border of fried bread fingers.

2 **Preparing the omelette base.** Mix the eggs with butter cubes and seasonings; cook them in an omelette pan to make a plain flat omelette (*page 60*). Do not turn the omelette; instead, slip it on to a warmed, ovenproof serving dish as soon as the underside has cooked enough for the omelette to slide easily in the pan.

3 **Making a border.** Cut stale white bread into fingers about 2 cm (¾ inch) wide and 7 to 8 cm (3 inches) long. Over a low heat, melt a generous amount of butter in a frying pan. Cook the fingers in the butter for 10 to 15 minutes, turning them frequently with a spatula, until they crisp on all sides. Remove from the heat. Drain the fingers on paper towels, then roll them in the reserved egg whites and arrange them round the edge of the omelette to form a border.

5 **Creating a gratin top.** In a small pan, melt butter over a low heat. Spoon the butter over the the upper omelette, sprinkle with breadcrumbs and grated Parmesan. Place in an oven preheated to 230°C (450°F or Mark 8) for 5 minutes.

6 **Serving the dish.** Remove the dish from the oven; if the surface has not coloured, set the dish under a hot grill for a few seconds to brown lightly. With a knife or a cake slice, as used here, cut between the bread fingers to divide the omelette into wedges (*above*). Transfer the wedges to individual plates and serve.□

Improvising Gratins

Layered with other ingredients and then coated with a sauce, flat omelettes provide a substantial base for a gratin. A topping of grated cheese or breadcrumbs—or a mixture of the two—completes the preparation; the surface colours lightly when the dish is finished in a medium-hot oven.

Omelette gratins lend themselves to improvisation. While cheese will usually have a place in them, the other elements can be as varied as their availability and your own imagination suggest. In the demonstration here, courgette omelettes (*page 60*) are combined with grated Cheddar cheese and strips of grilled and peeled sweet peppers; the dish is masked with a tomato sauce (*recipe, page 167*). Alternatively, you could use plain omelettes, or omelettes flavoured with spinach or sorrel in place of the courgettes; anchovy fillets or strips of ham could replace the peppers. For a more substantial dish, combine plain omelettes with leftover pieces of cooked white fish or roast chicken, and coat them with a white sauce which has been enriched with up to half its own volume of double cream (*page 32*).

1 **Starting the assembly.** Prepare the ingredients in advance—in this case, flat courgette omelettes, grated Cheddar cheese, tomato sauce, and grilled sweet peppers that have been peeled and cut into strips. Butter an ovenproof dish and sprinkle the bottom with cheese. Add the omelettes in a single layer, overlapping them to fit neatly. Place a few pepper strips on top of each omelette.

2 **Completing the layers.** When all the omelettes are arranged in the dish, scatter over them any remaining strips of pepper. Sprinkle the omelettes with a layer of grated Cheddar cheese. Spoon the tomato sauce over the surface (*above*). Finally, sprinkle a little more grated cheese—mixed, if you like, with an equal quantity of fresh breadcrumbs—over the tomato sauce.

3 **Baking the gratin.** Put the dish in an oven preheated to 190°C (375°F or Mark 5). Allow about 15 minutes for the cheese to melt and mingle with the sauce. If the top has not begun to colour, place the dish briefly under a hot grill. Serve from the dish (*above*).□

Moulding a Multi-Layered Loaf

One of the most unusual of all omelette assemblages is a loaf of variously flavoured flat omelettes, cooked in a deep mould (*recipe, page 132*). The omelettes are bound with a savoury custard—in this case, puréed sorrel mixed with eggs and cream—then baked in the oven. During cooking, the egg in the sorrel mixture sets and holds the layered omelettes together. After cooking, the loaf should be left to cool for about an hour; the heat contained in its mass will continue to cook the mixture, firming it sufficiently for easy unmoulding. The loaf can be eaten tepid, or else chilled and served cold.

The omelettes themselves can be made with substantial amounts of other ingredients; in some cases, indeed, the flavourings are the basic elements and the egg serves simply as a binder. The choice of flavourings is obviously important: they should be selected with an eye to visual appeal as well as to the intermingling of tastes. Here, five different garnishes—ranging from bright green courgettes to jet-black olives—are each used to flavour two omelettes, making ten in all. Stacked alternately, the omelettes make a repeated pattern of five different bands.

The omelettes should be prepared in a pan whose diameter roughly corresponds to that of the mould in which the loaf will be cooked; this could be a large charlotte mould, a small casserole, or a heavy deep-sided pan with an ovenproof handle.

The sorrel cream used here to bind the loaf combines an attractive, pale green colour with a refreshingly sharp taste. If sorrel is not available, you could mix the eggs and cream with puréed peas (*page 34*) or a sprinkling of *fines herbes* (*box, page 54*)—or simply use a plain omelette mixture of beaten eggs and seasonings.

To ensure gentle, even heat, the loaf is cooked in a bain-marie. If you do not wish to serve the cooled loaf immediately after unmoulding, cover its entire surface with plastic film, to prevent it from drying up, and chill it in the refrigerator.

1 **Assembling the ingredients.** First, prepare the five flavourings: anti-clockwise from top left, a stew of tomatoes, garlic, onions, and peppers; black olives, pitted and chopped; sliced mushrooms, sautéed in butter; sautéed, shredded courgettes (*box, page 61*) and parboiled spinach, chopped and sautéed in butter. In a large mixing bowl, lightly beat eggs (*above*); season them with pepper.

2 **Cooking the omelette.** Spoon half of one flavouring into a soup plate. Stir in a small ladleful of the beaten egg; add salt as required. Cook the omelette (*page 60*). Make a second omelette in the same way, using the remaining half of the flavouring. Repeat for the four other flavourings, to make a total of 10 omelettes. Stack differently flavoured omelettes on separate plates. ▶

3 **Preparing the sorrel cream.** Add more eggs to supplement any beaten eggs which may remain; pour in some double cream. Cook shredded sorrel leaves in butter until they melt almost to a purée *(page 35)*. For extra smoothness, press the purée through a sieve into the bowl containing the eggs and cream *(above)*. Season with salt and pepper, then whisk the purée into the eggs and cream.

4 **Filling the mould.** Generously butter a round mould of roughly the same diameter as the omelettes—in this case, a deep, ovenproof casserole. Line the base with buttered greaseproof paper. Ladle a little sorrel cream into the bottom of the mould. Add the omelettes in alternating colours. Press each one in place and pour a small ladleful of sorrel cream over it *(above)* before adding the next.

7 **Loosening the loaf.** Peel away and discard the uppermost circle of greaseproof paper. Leave the loaf to cool in its mould for about 1 hour, until it is just tepid. Run a knife blade around the inside of the mould to loosen the loaf *(above)*.

8 **Unmoulding the loaf.** Invert a round serving plate over the mould. Grip the mould and plate firmly and turn them over together *(above)*; you should hear the omelette loaf slip on to the plate with an audible slap. Carefully lift the mould away from the loaf. Remove the second circle of greaseproof paper.

5 **Preparing the bain-marie.** Cover the stacked omelettes with more sorrel cream, so that the top omelette is almost submerged. For the bain-marie, place the mould on a wire rack in a large pan. Cover the top of the mould with a second circle of buttered greaseproof paper *(above)*. Then carefully pour boiling water into the pan to immerse the mould to two-thirds of its depth.

6 **Cooking the loaf.** Place the bain-marie in an oven preheated to 190°C (375°F or Mark 5). Bake the loaf for about 45 minutes, until the sorrel cream binder has set firm. Remove the bain-marie from the oven, and lift the mould out of the water *(above)*.

9 **Decorating and serving.** Decorate the unmoulded loaf simply; here, a ribbon of chopped parsley encircles the rim and chopped black olives garnish the centre. Cut the loaf into slices for serving *(right)*; it may be eaten either tepid or cold.□

4

Cheese Cookery

A Diversity of Savoury Dishes

Custards cooked in moulds
A layered casserole
Preparing pies and flans
Three kinds of soufflé
Classic fondues
Leaf and breadcrumb casings
Creative ways with leftovers

The roster of cooked dishes in which cheese predominates is brief. A fondue of melted cheese and wine, brought bubbling to the table in its cooking pot, Welsh rabbit lightly browned under the grill (*page 82*), a rustic *raclette* (*recipe, page 159*), a tart with a creamy cheese filling (*page 74*) and a plateful of deep-fried cheese cubes (*page 84*) almost complete the catalogue. But in countless other dishes, from soufflés and gratins to baked macaroni, cheese—although one ingredient among others—makes an irreplaceable contribution of flavour or texture.

When you prepare cheese for a dish, bear in mind that most cheeses are designed primarily to be eaten just as they are; cooking is not done to make them palatable, but to alter their texture or to unite them with other elements. Lengthy cooking or extreme temperatures are thus unnecessary, and may indeed cause the cheese's two main components—fat and protein—to separate into an oily slick on a rubbery mass.

The texture of the cheese determines both how it is prepared and the range of dishes for which it is suitable. The three main groups for cooking purposes are cheeses hard enough to grate or shred, those soft enough to be beaten and the in-between cheeses that are sliced or cubed.

The hard cheeses are invaluable additions to soufflés (*pages 76-81*) and sauces. For thorough blending, a very hard cheese such as Parmesan should be grated into fine granules. Less hard cheese such as Gruyère must be grated more coarsely or shredded into thin strips since the cheese would quickly clog a grater's smallest holes.

Thoroughly beaten fresh cheeses combine smoothly with sauces, eggs, cream or softened butter, and contribute both bulk and mild flavour to a savoury custard (*page 70*) or pie. Among this group are *ricotta*, cream cheese and the simple curd cheeses you can make at home (*page 10*).

Cheeses with a denser texture, such as Brie, must be cut up and gently heated to melt them if you want to blend them thoroughly with other ingredients. (The same technique is sometimes used with hard cheeses: for the fondue on page 82, for example, cubes of Gruyère are gently liquefied in wine.) But for dishes such as the casserole on the left and on page 72, where you are not aiming to disperse the cheese evenly throughout the dish, the middle range of cheeses can simply be sliced thinly and layered to melt in with the other ingredients as the dish cooks through.

A wedge cut from a piping hot cheese casserole reveals layers of *mozzarella*, bread and tomato sauce. The casserole has been baked until the cheese melted, binding the layers together and providing a mild background for the herb-scented sauce.

Baking Moulded Custards

Fresh, creamy cheese that is combined with eggs, milk and flavourings and then cooked gently in a bain-marie, makes delicate savoury custards. A home-made curd cheese, such as the one demonstrated on page 10, is an ideal base for the mixture; also suitable are commercial cottage cheese or *ricotta*, first softened with a little butter or cream.

Much of a custard's appeal lies in its perfect smoothness, achieved by beating the cheese, along with the other ingredients, until all traces of lumpiness are eliminated. Cooking the mixture in a bain-marie will ensure that it sets evenly; direct heat could curdle the custard.

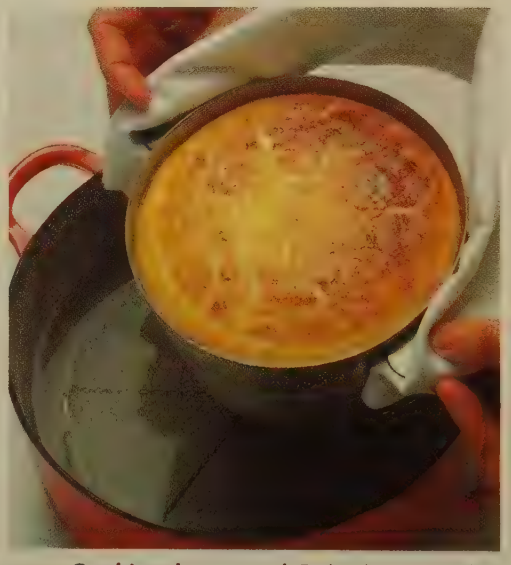
Cheese custards of this type can be cooked either in large, plain moulds, such as the charlotte mould used in the demonstration on the right (*recipe, page 142*) or in ramekins only large enough for single servings (*box, opposite*). In both cases, the water in the bain-marie should immerse the bottom two-thirds of the moulds. Obviously, the size of the mould will affect the cooking time; a custard in a large mould will take from 40 minutes to an hour to set through to the centre, while the same mixture in ramekins would be ready in about 15 minutes. Because of their lengthy cooking, large moulds should be set on wire racks in the bain-maries, to protect the moulds from direct contact with the heat; racks are not necessary for quick-cooking ramekins.

A mild cheese custard is an excellent vehicle for carrying other flavours. Sautéed, diced green bacon, included in the large cheese custard here, adds an assertive, salty tang; alternatively you could use strips of ham or chicken, or cooked prawns. The custard mixture shown in the box opposite includes parboiled, chopped lettuce, which contributes a subtly sweet flavour; grated courgettes or finely chopped mushrooms that have been sautéed in butter are other good choices among vegetable flavourings.

To further enhance the custard, dress it before serving with cream—either warm or cold—or with almost any savoury sauce: tomato sauce in tandem with cream (*Step 7*), for instance, or a white sauce flavoured with cheese (*page 32*).

1 **Preparing flavourings.** Cut the rind from a piece of green bacon. Cut the bacon into thick slices, then chop the slices into even-sized pieces. Fry the bacon until lightly browned, then drain it on paper towels. Butter a deep charlotte mould; line the bottom of the mould with buttered greaseproof paper. Scatter the bacon over the bottom of the mould.

2 **Combining cheese and eggs.** In a large bowl, using a whisk or a wooden spoon, vigorously beat fresh cheese together with seasonings—here, salt, pepper and grated nutmeg. Add softened butter and beat until the mixture is smooth. In a separate bowl, beat eggs until they are well combined, then pour them into the cheese mixture (*above*).



5 **Cooking the custard.** Bake the custard in an oven preheated to 170°C (325°F or Mark 3) until the top is golden-brown and a skewer inserted in the centre comes out clean; the cooking time will vary with the size of the mould. Remove the bain-marie from the oven; lift the mould from the water (*above*).

6 **Unmoulding the custard.** Put the custard aside for 10 to 15 minutes to cool and settle slightly. To loosen the custard, run a knife round the inside of the mould. Hold an inverted serving dish over the mould, then reverse the dish and mould together (*above*). Lift away the mould and peel off the circle of greaseproof paper from the custard.

3 **Filling the mould.** Heat some milk in a saucepan. Little by little, stir the hot milk into the custard until the mixture has the consistency of single cream. Ladle the mixture into the mould (*above*), filling it to no more than 2.5 cm (1 inch) of the top: the custard will rise slightly as it cooks.

4 **Preparing the bain-marie.** Set the filled mould on a wire rack inside a large, ovenproof pan. Boil water and pour it down the side of the pan until it reaches two-thirds of the way up the mould.

Using Individual Moulds

Filling the ramekins. Butter and line the ramekins and place them in a large, shallow baking dish. Fill the ramekins almost to their rims with a custard mixture—here, a cheese custard with lettuce. Pour in boiling water up to two-thirds of the ramekins' depth. Bake in a 170°C (325°F or Mark 3) oven for 15 minutes or until firm. Unmould and serve.

7 **Serving the custard.** In two separate saucepans over a gentle heat, warm tomato sauce (*page 33*) and double cream. Spoon the tomato sauce into the serving dish round the sides of the custard; pour the cream over the top. Serve the custard in wedges (*right*).□

Contrasting Layers Fused in the Oven

Layered in a casserole with complementary ingredients and then baked, cheese melts and unites a dish with its flavour and texture. To give the casserole body, a substantial vegetable such as potato or aubergine, or a starchy ingredient such as bread, rice or pasta, is usually included, while layers of a sauce contribute flavour and moistness. Lightly beaten egg, poured over the whole assemblage, will bind it together as it cooks.

The way in which cheese is prepared for layering will depend on its texture. Soft cheeses—*ricotta* or a blue cheese, for example—are spread or crumbled into the casserole. Semi-soft cheeses such as *mozzarella, fontina* or Port-Salut are cut into 5 mm (¼ inch) slices. Hard cheeses such as Cheddar or Parmesan must be grated.

You can vary the ingredients to taste. In this demonstration (*recipe, page 144*), *mozzarella* is accompanied by milk-soaked bread and tomato sauce. Thinly sliced potatoes could replace the bread. Instead of tomato sauce, you could use a spinach purée enriched with cream, or a flavoured white sauce (*page 32*).

1 **Moistening the bread.** Cut a firm-textured white loaf into thin slices; do not trim off the crusts. Butter a large casserole dish. Dip each slice of bread briefly into a dish of milk to moisten it (*above*), then place it in the casserole to make a neat layer covering the bottom. Here, the slices form an overlapping pattern; alternatively, they could be cut into smaller pieces and fitted in side by side.

4 **Mixing the binder.** In a mixing bowl, whisk five or six eggs until well blended. Beat in freshly grated Parmesan cheese (*above*). Pour the mixture evenly over the top bread layer. With a long-pronged fork, pierce down through the layers in several places to enable the egg mixture to penetrate the entire dish.

5 **Adding a final topping.** Leave the casserole to stand for a few minutes to allow the egg mixture to permeate the layers. Dribble the remaining tomato sauce over the top for a decorative effect (*above*). Dot the surface of the dish with small pieces of butter, which will melt and help to brown the top during cooking.

2 **Adding tomato sauce.** Ladle a sauce—in this case, a tomato sauce (*page 33*)—over the bread to cover it completely in a thick layer. For extra flavour, sprinkle the sauce with herbs. Dried oregano is used here; crumble the leaves of the herb in your fingers and scatter the pieces over the layer of sauce.

3 **Arranging the cheese.** Arrange the cheese—here, *mozzarella*, sliced 5 mm (¼ inch) thick—neatly on top of the tomato sauce to cover it almost completely (*above*). Continue to alternate layers of milk-soaked bread, herb-sprinkled sauce and *mozzarella* until the casserole is nearly full, ending with a layer of bread. Reserve a little sauce for a final topping (*Step 5*). Use a spoon or spatula to press down the top layer and compact the assemblage.

6 **Baking and serving.** Bake the casserole, uncovered, in a preheated 180°C (350°F or Mark 4) oven for about 1 hour, until the top is lightly browned. With a serving slice, cut the casserole into wedges (*right*). Serve the casserole hot or warm, accompanied by a green salad.□

A Choice of Pastry Cases

Pastry makes a useful casing in which to bake a cheese-based mixture; in addition to containing the cheese as it softens, it provides an appealing contrast of texture. Either a simple shortcrust pastry (*page 37*) or a richer shortcrust, which includes egg, is suitable for this purpose; you can enclose the cheese in a double-crust pie or cook it in an open tart.

In the demonstration on the right (*recipe, page 149*), two sheets of unbaked pastry are closely moulded and sealed round a filling of cheese and ham, bound with a little egg. The cheese used is a mixture of *ricotta*, chosen for its smooth body; Parmesan, for its strong, nutty flavour; *mozzarella*, for its melting qualities; and *provolone* for its piquant taste. The Parmesan is grated, the *provolone* and the *mozzarella* are simply cubed; the *mozzarella* softens during the lengthy cooking time needed to bake the crust, but the *provolone* remains firm enough to add a distinctive textural note to the pie.

A similar effect could be achieved with many other cheeses; any fresh white cheese could be used instead of *ricotta*, Cheddar instead of Parmesan, *fontina* instead of *mozzarella*. Or you could completely change the dish's character by replacing the *provolone* with a blue cheese, or by adding vegetables such as tomatoes.

Unlike a sealed pie, an open tart can be pre-baked—baked blind—before the filling is introduced, to yield drier, crisper pastry. The pastry should be lined with paper and weighted with either dried peas or beans so that it does not blister during the pre-baking.

In the lower demonstration (*right*), a blind-baked pastry case is filled with Brie; appropriate substitutes may include Camembert and Pont-l'Evêque. The cheese is melted by gentle heating in a bain-marie and then moistened with cream and egg (*recipe, page 147*). Brief baking is sufficient to set the cheese filling and colour the crust.

A Free-Form Pie

1 **Mixing the cheese.** Cut *mozzarella* and *provolone* into small dice. In a large bowl, mix the diced cheese with diced ham, a lump of fresh cheese—here, *ricotta*—and finely grated Parmesan cheese (*above*). Add salt and pepper, a little chopped parsley and some beaten egg to the cheese mixture.

2 **Putting the filling in place.** Prepare a rich shortcrust dough and divide it into two slightly unequal portions. Roll the larger portion into a round about 5 mm (¼ inch) thick. Trim the edges to make a neat circle. Drape the circle round the rolling pin and transfer it to a baking sheet. Spoon the filling on to the dough (*above*).

An Open Flan with a Melted Filling

1 **Preparing the cheese.** Cut the rind from a ripe piece of soft cheese—here, Brie. Cut the cheese into chunks and put it in a pan. Stand the pan on a rack in a larger pan half filled with simmering water (*above*). Add cream gradually to the cheese and stir until the cheese has melted smoothly.

2 **Adding beaten egg.** Beat eggs and stir them into the melted cheese (*above*). Remove the mixture from the heat. Flavour the mixture with salt and a little sugar. If you like, add a pinch of saffron, dissolved in a spoonful of hot water, and perhaps a little ground ginger.

3 **Enclosing the filling.** Pat the filling into a neat shape, leaving a 4 cm (1½ inch) margin of dough all round. Roll the second piece of dough into a circle and trim it. Drape it loosely round the rolling pin, then unroll it to cover the filling.

4 **Sealing the dough.** Fold the exposed rim of the bottom layer of dough back over the edge of the top layer. Fold the triple-layered rim upwards against the filled part of the pie. To make a fluted edge, press the rim in with a forefinger while pushing an adjacent section out with your thumb (*above*). Cut a slit in the pie lid to allow steam to escape.

5 **Baking and serving the pie.** For an attractive glaze, brush the top of the pie with egg yolk mixed with a little water, score the glaze with the prongs of a fork. Bake the pie in a 190°C (375°F or Mark 5) oven for about 1 hour, until the pastry is crisp and golden. Using two wide spatulas, transfer the pie to a dish; it can be served either hot or cold.□

3 **Filling the pastry case.** Line a flan ring—preferably one with a removable base, as here—with shortcrust dough (*page 166*). Line the dough with paper, fill it with dried peas or beans, and pre-bake for 10 to 15 minutes. Remove the paper and pulses and return the pastry to the oven for 5 minutes. Pour the cheese and egg mixture into the pastry case (*above*).

4 **Baking and serving the tart.** Bake the tart in an oven preheated to 190°C (375°F or Mark 5) for 30 minutes, until the filling has puffed up and the surface is golden-brown. To lift the tart out of the ring, push up the removable base; slide the tart carefully on to a serving plate. Serve the tart cut into wedges, either hot, tepid or cold.□

A Classic Cheese Soufflé

A gold-crusted, feather-light soufflé is one of the most appealing of culinary vehicles for cheese. Basically a soufflé is no more than a thick white sauce enriched with egg yolks and lightened with firmly beaten egg whites. In the heat of the oven the moisture in the soufflé turns to steam and the soufflé puffs up.

Any cheese that is hard enough to grate makes an excellent flavouring for the soufflé (*recipes, pages 152-156*); in this demonstration, Gruyère and Parmesan cheeses are mixed. Before the grated cheeses are melted in the white sauce, a small portion is used to line the base and sides of the deep porcelain dish in which the soufflé will bake. The cheese lining lends extra texture and flavour to the soufflé's crust.

The ratio of sauce and cheese to eggs is critical. As a general rule 30 cl (½ pint) of white sauce and 150 g (5 oz) of cheese call for 4 eggs, although many recipes include one more egg white than yolk, to give a well-risen soufflé. Varying the proportions significantly could well result in a mixture that is either too heavy to rise properly or too light to hold its shape.

The egg whites must be whisked to a voluminous foam before being mixed with the other soufflé ingredients. If care is taken to combine them gently with the cheese-flavoured soufflé base, well-whisked egg whites will lose little of their volume. However, the mixture should be put in the preheated oven immediately, lest the whites deflate, and baked at a moderate to high heat to rise dramatically, browning on top but staying creamy and sauce-like at the centre.

The timing and temperature depend partly on the size of the soufflé: a large soufflé baked in a moderate oven takes 30 to 40 minutes, while small individual soufflés cooked at a higher heat require only half that time. Both the cooking time and the temperature also depend on the consistency desired. For a very moist soufflé, reduce the cooking time and increase the temperature of the oven. For a firmer, drier texture, increase the time and reduce the temperature.

1 **Preparing the cheese.** Grate a firm, hard cheese—here, Parmesan—against the smallest holes of the grater. Slightly less hard cheese, such as the Gruyère also used here, should be shredded more coarsely against larger holes (*above*).

2 **Lining the dish.** Generously butter a straight-sided ovenproof dish. Put in a few spoonfuls of grated cheese, then tip and roll the dish until its interior surfaces are well coated (*above*). Shake out and reserve any excess cheese.

6 **Folding in the egg whites.** Spoon the sauce gently into the bowl containing the remaining beaten egg whites. With your hand or a spatula, gently fold the whites into the sauce. Do not over-mix: a few streaks of unmixed egg whites are preferable to a heavy soufflé.

7 **Shaping a cap.** Pour the mixture into the prepared dish; the dish should be three-quarters full. If you want the soufflé's centre to rise in a high cap, run your thumb round the edge of the soufflé (*above*) to make a deep groove. Bake the soufflé for 35 to 40 minutes in an oven preheated to 190°C (375°F or Mark 5).

3 **Making a white sauce.** Melt a chunk of butter in a heavy pan. Stir in an equal weight of flour and cook the roux for 2 to 3 minutes. Add milk to the roux, whisking briskly to prevent lumps from forming. Cook the sauce uncovered, over a very low heat, for about 10 minutes, stirring it from time to time. Let it cool slightly.

4 **Separating the eggs.** Separate the eggs and transfer the whites to a large bowl, preferably of copper. Off the heat, drop all the yolks but one into the sauce, but reserve the final yolk for another use. Whisk the yolks into the sauce (*above*). Stir the grated cheese into the sauce.

5 **Lightening the sauce.** Season the sauce with salt, pepper and grated nutmeg. With a wire whisk, beat the egg whites until they stand on the wires in soft peaks (*above*). To lighten the sauce and thus make it easier to incorporate into the bulk of the whites, gently mix about a quarter of the beaten egg whites into the sauce with the wire whisk.

8 **Serving the soufflé.** The soufflé is ready when it has risen well above the rim of the dish and its top is golden (*left*). Serve it without delay; make sure each helping includes some of the crust as well as some of the moist centre (*above*).□

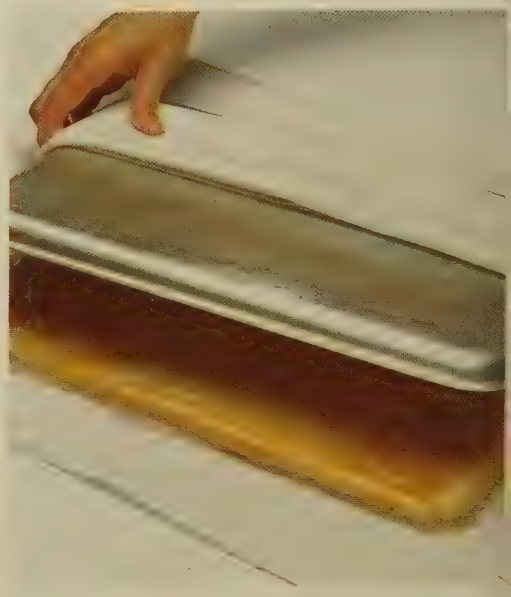
Wrapping a Filling in Flavour

A soufflé mixture spread thinly in a wide, shallow tin quickly bakes to a firm texture throughout and loses little of its lightness when unmoulded. Such a soufflé is flexible enough to be rolled round a creamy stuffing; it can then be briefly returned to the oven—to heat through and regain its lost volume—before being served in slices, like a Swiss roll.

In the roll demonstrated here, the soufflé mixture is flavoured with Parmesan and Gruyère cheeses; the filling is *ricotta*, beaten with cream and garnished with cubes of sweet red peppers and chopped parsley. A variety of alternative fillings could be substituted: a *duxelles* mixture of chopped shallots and mushrooms stewed in butter (*recipe, page 153*), or a base of cream cheese, cottage cheese or white sauce enlivened with blue or smoked cheese or grated Parmesan. Vegetables make other suitable additions to the filling—from sautéed courgettes to parboiled young peas or stewed tomatoes.

The composition of the soufflé base is similar to that of the soufflé on the previous pages. However, since an unmoulded soufflé needs greater stability than one served from its cooking dish, the number of egg whites used is equal to the number of yolks. Even so, the soufflé is quite fragile and it must be handled with care. To facilitate unmoulding, the baking tin should be lined with well-buttered paper. The soufflé is turned out on to a towel: by lifting the ends of the towel you can roll the soufflé without breaking it. The towel is then used to lift the soufflé into an ovenproof dish for its second baking, topped with melted butter and grated cheese to form a crust.

1 **Filling the baking tin.** Butter a shallow baking tin and line the bottom and sides with buttered greaseproof paper. Prepare a soufflé mixture (*page 76*), using an equal number of egg yolks and whites. Pour the soufflé mixture into the tin, spreading it evenly with a spatula.



2 **Reversing the soufflé.** Bake the soufflé for 15 minutes at 180°C (350°F or Mark 4). Remove the tin from the oven and cover it with a towel big enough to overlap the tin generously on all sides. Grasp the towel-covered tin and reverse it so the soufflé rests on the towel. Using another towel to protect your hands, carefully lift the tin off the soufflé (*above*).

5 **Lifting the roll.** When the soufflé and filling have been completely rolled up, lift the roll, still on its towel, on to a buttered, ovenproof gratin dish (*above*). Carefully slide the roll on to the dish, positioning it so that the open side is underneath.

6 **Topping the roll.** Melt some butter and spoon it over the roll (*above*). Grate a small amount of the same cheese used to flavour the soufflé and sprinkle the cheese over the roll, distributing it evenly so that it will form a uniform crust.

3 **Spreading the filling.** Allow the soufflé to cool on the towel for a few minutes. Strip off the greaseproof paper lining. Since the edges of the soufflé tend to be more brittle than the rest, and might crack when rolled, trim about 1 cm (½ inch) off the two shorter sides. Prepare a filling—here, *ricotta* beaten with double cream. Transfer the filling on to the soufflé and spread it out evenly with a spatula. Leave a margin of about 2.5 cm (1 inch) on all sides so that the filling does not ooze out when the soufflé is rolled.

4 **Rolling the soufflé.** Sprinkle the top of the filling with chopped parsley and chunks of sweet red peppers that have been grilled on all sides, left to cool under a damp towel, peeled and seeded. Roll up the soufflé, using the towel to protect it from direct pressure (*above*). Start the roll with as tight a fold as possible to avoid leaving a gap in the centre of the roll.

7 **Serving the rolled soufflé.** Return the roll to the 180°C (350°F or Mark 4) oven to heat the soufflé and its filling through. Remove the roll when a light crust has formed on top—about 10 to 12 minutes. Serve the roll in slices.□

Twice-Cooked Soufflés Enriched with Cream

Soufflés poached in the moist heat of a bain-marie puff up less dramatically than baked soufflés and set to a firm and springy texture. Unmoulded and coated with cream or a sauce, they can be returned to the oven to rise a little more, absorbing much of their sauce as they do so. In the demonstration here, individual soufflés flavoured with Cheddar are unmoulded on to a bed of grated cheese, then topped with cream and more grated cheese, and put back into the oven until their tops are coloured (*recipe, page 154*).

The base mixture for the soufflé is made by boiling together flour and milk, then beating in butter and egg yolks. You could, if you like, follow the more usual procedure of cooking equal quantities of flour and butter to make a roux, and then adding milk. However, the method shown here allows you to use a smaller proportion of butter; it is especially appropriate if you intend to serve the soufflés with cream or a very rich sauce.

The cheese can either be weighed after grating or, as in the demonstration here, grated straight into the base mixture: a little more or less cheese will make no difference to the soufflé's success. The ratio of egg whites to yolks may also be varied, but by using one more yolk than white you will produce a soufflé that is firm enough to withstand unmoulding and handling particularly well.

1 **Whisking milk into flour.** Put flour into a heavy saucepan. In a separate pan, scald some milk, let it cool slightly and, off the heat, add it gradually to the flour, whisking to prevent lumps forming. Add a little salt, pepper and grated nutmeg, then stir the mixture constantly over a medium heat for a few minutes.

2 **Adding butter.** When the mixture has become completely smooth, remove the pan from the heat. Cut butter into small pieces and add them to the mixture (*above*). Whisk the mixture until the pieces of butter are all incorporated.

6 **Lifting out the soufflés.** When the soufflés are firm and springy to the touch, remove the pan from the oven. Using a spatula, carefully lift the ramekins out of the bain-marie (*above*). Allow the soufflés to cool for a few minutes before unmoulding them from the ramekins.

7 **Unmoulding the soufflés.** Butter a deep ovenproof serving plate and grate cheese on to it. With your fingers, gently ease each soufflé free from the sides of its ramekin (*above*), or run a knife round it. Unmould the soufflés on to your hand and place them on the bed of cheese.

3 **Grating the cheese.** Choose a piece of hard cheese—Parmesan, for example, or the Cheddar shown here. Using the medium-sized or small holes of a grater, according to the hardness of the cheese, grate the cheese directly into the pan (*above*), then whisk it into the sauce.

4 **Adding egg white.** Separate eggs, setting one white aside for some other use. Beat all the yolks into the sauce. In a large bowl, preferably of copper, beat the egg whites until they form soft peaks (*Step 5, page 77*). Fold the egg whites gently into the soufflé base.

5 **Filling ramekins.** Butter porcelain ramekins. Spoon enough soufflé mixture into each ramekin to fill it two-thirds full (*above*). Set the ramekins on a rack in a large pan. Pour hot water into the pan until it comes two-thirds of the way up the sides of the ramekins. Cook the soufflés in an oven preheated to 180°C (350°F or Mark 4) for about 20 minutes.

8 **Adding cream.** Pour or spoon double cream over the soufflés on the plate, immersing them as deeply as the plate permits—up to about half their depth. Sprinkle more grated cheese evenly over the top of each soufflé.

9 **Serving the soufflés.** Bake the soufflés in their coating of cream for another 20 minutes at 180°C (350°F or Mark 4), until the cream is almost completely absorbed and the melted cheese has gilded the tops of the soufflés. The soufflés will puff up slightly during baking; serve them quickly, straight from the oven, before they deflate.□

Fondues: Molten and Mellow

Heated in a surrounding liquid, small pieces of hard cheese melt into a smooth sauce thick and well-flavoured enough to be served in its own right—accompanied by crusty bread—as a first course or supper dish. To prevent the fat in the cheese from separating from the protein, gentle, constant heat is needed. Use a heavy cooking vessel, set on top of a fireproof mat. A cooking liquid such as wine or beer, held at the barest simmer, contributes supporting flavour. The cheese—well-flavoured cheeses such as Gruyère or Cheddar are best—should be grated or cut into small cubes that will melt evenly.

Other details of preparation depend on how the dish is served. A Swiss fondue—the word means "melted" in French—is generally made with Gruyère cheese, sometimes mixed with Emmenthal, and a generous amount of white wine (*demonstration, right; recipe, page 157*). The fondue is presented at table in its cooking vessel—traditionally made of earthenware—which is set on a spirit burner to keep the cheese hot and molten. Each diner swirls chunks of bread in the pot to coat them with cheese. Because the cheese may separate, even at a low temperature, during such prolonged exposure to heat, leaving a rubbery sediment of protein, a little potato flour or cornflour is stirred in before serving; the grains of starch hold the cheese in suspension and help to keep the mixture stable.

If a smaller amount of cheese is melted in just a splash of liquid and presented at once, in individual portions, a binder is not necessary. A case in point is Welsh rabbit. This traditional British dish—now often called Welsh rarebit, though "rabbit" is older—was no doubt christened in ironic reference to the comparative popularity of meat and cheese in Wales; it is made with mature Cheddar, or a similar sharply flavoured cheese, and beer (*box, right; recipe, page 158*). The melted mixture is simply poured over toast or fried bread; it can then be briefly popped under the grill to brown the top lightly before serving.

1 **Cutting the bread.** Use a crusty French loaf that has begun to dry out and is firm enough to cut up neatly. With a large, sharp knife, cut the bread into thick slices (*above*). Halve or quarter the slices into bite-sized chunks, allowing up to 20 pieces for each diner.

2 **Flavouring the pot.** To give the fondue a faint flavour of garlic, first peel a garlic clove and cut it in half, then rub the cut surfaces of the clove all over the inside of the cooking vessel—in this case, an earthenware pot. Discard the clove.

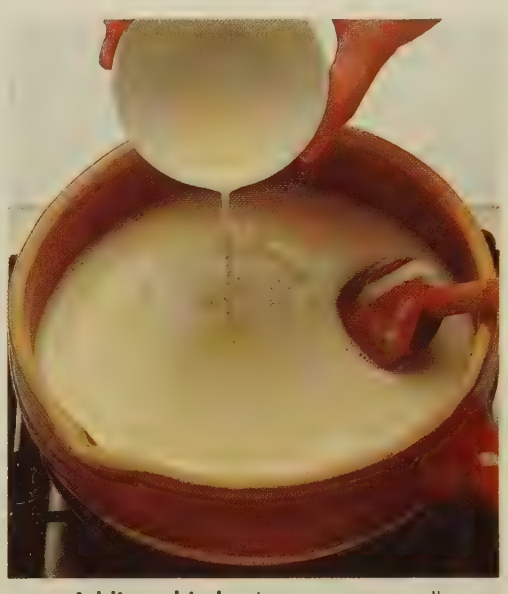
A Blending of Cheddar and Beer

1 **Melting cheese in beer.** Put a heavy pan on top of a fireproof mat over medium heat. Add a small knob of butter and pour in beer—here, brown ale. Season with salt and pepper. When the beer is warm, add handfuls of grated Cheddar cheese. Add a little Worcester sauce and mustard for extra flavour.

2 **Serving the melted cheese.** Stir constantly while the cheese melts. As soon as the mixture is thick and creamy, pour it over hot, buttered toast, as here, or fried bread, on heatproof plates. Slip the Welsh rabbit under a hot grill for a few seconds, until browned lightly.

3 **Adding the cheese.** Trim the rind off the cheese—Gruyère is used here—and cut it into small dice. Put the pot on top of a fireproof mat over a medium heat and pour in dry white wine. Season it with pepper and a little nutmeg. After a few minutes, when the wine is warm but not yet simmering, add the cheese to the pot.

4 **Stirring the fondue.** As the cheese melts stir it continually with a wooden spoon to ensure that it is evenly heated, scraping the bottom of the pot to keep the mixture from sticking. Adjust the heat so that the mixture bubbles very gently.



5 **Adding a binder.** In a cup or a small bowl, dissolve a little potato flour in white wine. When the cheese has all melted, stir in the potato flour mixture to stabilize the fondue. For additional flavour, stir in a liqueur-glassful of kirsch. Simmer the fondue for a minute or two longer in order to blend the flavours.

6 **Serving the fondue.** Transfer the pot of fondue to a spirit burner set on the dining table. Adjust the flame to maintain a gentle simmer. Give each guest a long-handled fork and some bread pieces. To eat the fondue, spear a piece of bread on the fork, dip it into the pot, lift it out and turn to coat it neatly with the melted cheese and prevent dripping.□

Surprise Parcels with Savoury Centres

Baked in leaves, pieces of cheese are transformed into surprise parcels with soft, savoury centres. A leaf wrapping (*demonstration, right; recipe, page 160*) will suit almost any firm, well-flavoured cheese. Because the leaves provide moisture as well as containing the cheese pieces as they melt, the method is particularly useful for cheese that has begun to dry up and might have been thrown away.

The best leaves for wrapping cheese are vine leaves: they have a unique aroma and a mildly astringent flavour that attenuates the sharpness of a cheese past its prime. Fresh leaves have the finest flavour, but are likely to be tough, even after cooking; most diners will prefer to discard them before eating the cheese. Pickled leaves, softened in the preserving process, are usually tender enough to eat; they should be rinsed thoroughly in water before cooking to remove the taste of brine. Lettuce and spinach leaves, parboiled briefly to make them supple, can also serve as wrappers.

A kindred culinary effect is achieved by deep frying cubes of cheese coated with egg and breadcrumbs (*right, below*). Cheese for frying should be firm enough to cut into cubes, such as the semi-soft *fontina* used here; very soft cheese would be impossible to handle.

The cubes should first be dipped in flour to provide an adhesive surface for the protective egg and breadcrumb coating. Cook the cubes in olive oil, for its delicate, fruity flavour, or in an oil with an unassertive taste—corn or ground-nut oil, for example—so that the flavour of the cheese is unchallenged. To ensure that the coating cooks to crispness, the oil should be deep enough to immerse the cubes and must be maintained at a temperature of 180° to 190°C (350° to 375°F). If you do not have a deep-frying thermometer, test the temperature by dropping a cube of bread into the pan: the oil should sizzle and the bread should crisp almost immediately. To prevent fluctuations in the heat of the oil, introduce the cold pieces of cheese to the pan one by one, and fry them in batches, taking care not to crowd the pan. Drain the cubes of cheese thoroughly before serving.

A Wrapping of Fragrant Leaves

1 **Preparing the cheese.** With a small sharp knife, pare the rind from pieces of cheese that have begun to dry up. Shave away any mould that may have formed on the cut surfaces. Cut small cheeses, such as the goat's milk cheeses above, into halves or quarters; cut large cheeses into 2 cm (¾ inch) cubes.

2 **Wrapping the cheese.** Wash fresh vine leaves in cold water and dry them on paper towels; snap off the stems. Place a piece of cheese about 2.5 cm (1 inch) from each leaf's base. Fold the sides of the leaf over the cheese (*above*), tucking in the edges neatly; then roll up the leaf to form a small package.

Crisp Breadcrumb-Coated Cubes

1 **Cutting cubes of cheese.** With a sharp knife, remove the rind from a large block of cheese. Cut through the cheese to make slices about 2 cm (¾ inch) thick. Cut each slice into lengths 2 cm wide; then slice across the lengths (*above*) to divide the cheese into cubes.

2 **Coating the cubes.** With your fingers, turn each cube first in flour, then in beaten egg, then place it on a pile of slightly stale breadcrumbs. Sprinkle some more crumbs over the top and sides of the cube, patting them into place for an even coating. Set the coated cubes aside for a few minutes to firm up.

3 **Cooking the parcels.** Arrange the cheese parcels compactly in an oiled ovenproof dish, with the loose ends of each wrapping tucked well under the cheese. To prevent charring, brush the parcels with olive oil (*above*). Put the dish in an oven preheated to 230°C (450°F or Mark 8) for about 15 minutes.

4 **Serving the cheese.** When the vine leaves start to darken and the parcels feel soft when pressed, remove the dish from the oven. Serve the leaf-wrapped cheese hot, accompanied, if you like, by slices of bread which have been crisped for 5 minutes in the oven.□

3 **Deep frying the cubes.** Fill a saucepan to about half its depth with oil. Heat the oil to about 180°C (350°F). Lower the cheese cubes one at a time into the oil, using a slotted spoon (*above*). The cubes will be ready in 3 to 4 minutes, when the coatings have turned a rich golden-brown. Drain them on absorbent kitchen paper or towels.

4 **Serving the fried cheese.** Arrange the cheese cubes on an ovenproof dish. Place the dish in an oven preheated to 170°C (325°F or Mark 3) to keep the cheese cubes hot while you fry subsequent batches. When all the pieces are fried and drained, arrange them on a napkin and serve immediately.□

Putting Leftovers to Good Use

After offering guests a cheese board with a selection of cheeses, you may well find yourself left with a variety of scraps, some of them past their peak. One dish in which you can use up any number of different cheeses is the macaroni cheese demonstrated here: a gratin of pre-cooked macaroni, white sauce and cheese.

Any cheese can be included in the dish; try, however, not to let either very pungent or very bland cheeses predominate. Soft and hard cheeses will need different preliminary treatment. To blend evenly into the dish, soft cheeses must be melted beforehand; here, *mozzarella*, Brie, Coulommiers and Stilton are stripped of any rind, chopped and heated gently in white sauce until they melt. Hard cheeses—in this case, Gouda, Emmenthal, Gruyère and *kefalotyri*—need only be grated before being added to the dish.

The macaroni, the grated cheese and the cheese-flavoured white sauce are layered in a shallow ovenproof dish. As the mixture bakes, the grated cheese that forms the topmost layer is transformed into a crisp, golden crust.

1 **Making a cheese sauce.** Prepare a white sauce (*page 167*). Remove any rind from leftover soft cheeses and chop the cheese into small, even-sized pieces. Turn off the heat and add the cheese pieces to the cooked sauce, stirring until the cheese is smoothly incorporated.

2 **Grating hard cheese.** Assemble leftover pieces of hard cheese and trim off any mould or dried-out edges. Grate the cheese, using the fine holes of the grater for very dry cheeses and the medium-sized holes for the others; discard the rinds. Mix the cheeses together.

3 **Assembling the casserole.** Boil macaroni—here, the short, quill-shaped *penne*—until just tender, about 10 minutes; drain the macaroni. Butter a shallow ovenproof dish. Place a layer of the macaroni on the bottom of the dish; ladle some of the cheese sauce over it (*above*). Top with a sprinkling of grated cheese. Repeat the layers to fill the dish, finishing with a layer of grated cheese.

4 **Serving the casserole.** Bake the cheese and macaroni at 190°C (375°F or Mark 5) for 30 to 40 minutes until the sauce is bubbling and the crust is golden. Serve straight from the cooking dish.□

Anthology of Recipes

Whole Eggs	88
Beaten Eggs	113
Cheese	141
Standard Preparations	165

Drawing upon the cooking traditions and literature of more than 25 countries, the Editors and consultants for this volume have selected 237 published egg and cheese recipes for the Anthology that follows. The selections range from the simple to the unusual—from cheese fondues and baked or poached eggs to subtly flavoured gratins and spectacular layered omelettes.

The Anthology spans four centuries and includes recipes by 142 writers, many of them distinguished exponents of the culinary art. But there are also recipes by little-known authors of out-of-print books held in private collections; a number of these have never before been published in the English language. Whatever the sources, the emphasis is on authentic dishes prepared with fresh, natural ingredients that blend harmoniously.

Since many early recipe writers did not specify amounts of ingredients, or cooking times and temperatures, these have been judiciously provided. Where appropriate, introductory notes in italics have been added by the Editors. Modern terms have been substituted for archaic language, but to preserve the character of the original recipes, and to create a true anthology, the authors' texts have been changed as little as possible. In cases where the description of cooking techniques may seem somewhat abrupt, the reader need only refer to the appropriate demonstration in the front of the book to find the method in question explained in words and pictures. The basic methods of cooking eggs, for instance, are fully demonstrated on pages 20-29. Cooking terms and ingredients that may be unfamiliar are explained in the combined Index and Glossary at the end of the book.

For ease of use, the Anthology is organized in the same sequence as the techniques section of the book. Recipes for standard preparations—stock, pastry and basic sauces—appear at the end. The serving suggestions included in some recipes are, of course, optional. Omelette-pan sizes are not specified; in general, a 20 cm (8 inch) pan is ideal for omelettes made with 2 or 3 eggs, a 25 cm (10 inch) pan should be used for 6 to 8 eggs, and a 30 cm (12 inch) pan for 10 to 12 eggs. Recipe ingredients are listed in order of use, although the primary components are always placed first. Both metric and imperial measurements for each ingredient are given in separate columns. The two sets of figures are not exact equivalents, but are consistent for each recipe. Working from either metric or imperial weights and measures will produce equally good results, but the two systems should not be mixed. All spoon measures are level.

Whole Eggs

Poached or Mollet Eggs with Fines Herbes

Oeufs Mollets Fines Herbes

These can be made either with poached eggs (*page 26*) or *oeufs mollets* (*page 24*). This is one of those excessively (and deceptively) simple dishes which can make the reputation of a good cook; the process only takes about 2 minutes, so provided that the eggs are prepared beforehand and the herbs ready chopped, they can be made at the last minute. They are nicest cooked and served in individual metal egg dishes.

	To serve 1	
2	eggs, poached or mollet	2
1 tbsp	chopped fresh herbs, such as parsley, chives and tarragon	1 tbsp
15 g	butter	½ oz
	lemon juice	

Melt the butter, put in the eggs, and sauté them without letting the butter burn. Sprinkle in the herbs and a squeeze of lemon juice, and serve immediately.

ELIZABETH DAVID
FRENCH COUNTRY COOKING

Eggs with Green Herb Sauce

	To serve 6	
6	eggs	6
60 g	leaves of chervil, parsley, chives, tarragon and watercress, scalded for 1 minute in boiling water	2 oz
6	capers	6
1	anchovy fillet	1
30 cl	white sauce (*page 167*)	½ pint
6	slices bread, fried in butter	6

Pound the herbs in a mortar with the capers and anchovy. Pass the mixture through a sieve, and stir it into the white sauce. Poach the eggs in simmering water. Arrange each poached egg on a square of fried bread, and pour a portion of the white sauce over each.

A. KENNEY HERBERT ("WYVERN")
FIFTY BREAKFASTS

Poached Eggs with Sorrel Juice Sauce

Oeufs au Jus d'Oseille

If desired, the eggs may be served on slices of fried or toasted bread, with the sauce poured over.

	To serve 6	
6	eggs, poached and kept warm	6
150 g	sorrel, chopped	5 oz
	salt and pepper	
	grated nutmeg	
30 g	butter, cut into small pieces	1 oz
2	egg yolks	2
20 cl	stock (*page 165*)	7 fl oz

Pound the sorrel well, extracting all of the juice from it. Whisk the juice with all of the remaining ingredients except the poached eggs. Put the mixture in a saucepan and stir it over a low heat until lightly thickened; it must not boil. Arrange the poached eggs in a warmed serving dish, pour the sauce over them, and serve.

MARIN
LES DONS DE COMUS

Eggs Poached in Creole Sauce

	To serve 3	
6	eggs	6
40 g	sweet green pepper, seeded and finely chopped	1½ oz
30 g	spring onions, finely chopped	1 oz
40 g	mushrooms, chopped	1½ oz
1 tsp	salt	1 tsp
500 g	tomatoes, skinned, seeded, chopped and cooked until soft, or puréed raw through a vegetable mill	1 lb
1	garlic clove, crushed	1
1 tbsp	sugar	1 tbsp
2 tbsp	olive oil	2 tbsp
¼ tsp	pepper	¼ tsp
4 tbsp	chopped parsley	4 tbsp

Mix all of the ingredients together except for the eggs, and place them in a saucepan. Bring to the boil and cook for 5 minutes. Turn off the heat. Break the eggs into a saucer and gently slip them one at a time into the sauce. Let the sauce and eggs stand for 5 minutes, or until the whites are just set. Serve each egg with a portion of sauce.

SUE TRIBUS
THE WONDERFUL WORLD OF BREAKFAST

Poached Eggs Peasant-Style

Yaitza na Ochi po Selski

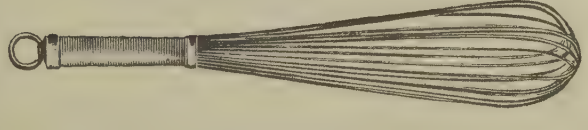
To serve 4

8	eggs	8
½ litre	water	16 fl oz
2 tbsp	vinegar	2 tbsp
1 tsp	salt	1 tsp
½ litre	yogurt	16 fl oz
2	garlic cloves, pounded in a mortar with a pinch of salt	2
100 g	butter	3½ oz
	paprika	

In a shallow saucepan or deep frying pan about 22 cm (9 inches) across, bring the water with the vinegar and salt to a steady boil. Carefully break the eggs, as low as possible, into the boiling water. Cover and set aside until the white films the yolk—about 3 minutes. Uncover, bring the water back to a bare simmer and cook to the desired firmness: a 5 minute simmer produces a moderately firm egg yolk. Remove the poached eggs with a skimmer and set them aside. Then poach the four remaining eggs in the same water.

Meanwhile, beat the yogurt with the pounded garlic and divide it equally among four dinner plates. Place two eggs on each plate on top of the yogurt. Melt the butter. Stir in, off the heat, a knife tip of paprika, and pour the flavoured butter evenly over the eggs and yogurt.

BULGARIAN CUISINE



Eggs in Cream

Uovi alla Crema

To serve 4

8	eggs	8
¼ litre	cream	8 fl oz
	salt and freshly ground pepper	

Pour the cream into a shallow fireproof serving dish and place it over a high heat. Boil the cream until it has reduced by half. Reduce the heat, break the eggs into the cream, season with salt and pepper, and cook until the eggs are almost set. Place the dish under a grill for about 2 minutes to finish cooking the whites of the eggs; the yolks should stay soft.

IL CUOCO PIEMONTESE RIDOTTO ALL'ULTIMO GUSTO

Eggs with Mixed Vegetables

Uova alla Giardiniera

To serve 4

8	eggs, poached	8
60 g	butter	2 oz
1	onion, chopped	1
150 g	shelled small peas	5 oz
1	small heart of celery, chopped	1
2 tbsp	chopped parsley	2 tbsp
1 tsp	chopped fresh marjoram	1 tsp
	salt	

Melt half of the butter in a saucepan and cook the onion until soft. Add the peas, celery, parsley and marjoram; cover and cook over a very low heat until the peas are tender, about 20 minutes. Add a tablespoon of water to the pan after the first 10 minutes if necessary. Off the heat, swirl in the remaining butter and season to taste. Arrange the poached eggs in a serving dish, pour over the vegetable mixture and serve.

VINCENZO CORRADO
IL CUOCO GALANTE

Eggs with Cheese Minorcan-Style

Huevos con Queso

In Spain, which has few native cheeses, any hard grating cheese of the Gruyère type would be used for this dish.

To serve 6

6	eggs	6
125 g	cheese, grated	4 oz
60 g	butter	2 oz
1	onion, chopped	1
1 tbsp	chopped parsley	1 tbsp
10 cl	white wine	3½ fl oz

Heat the butter in a saucepan. Add the onion and cook gently for 5 minutes without browning. Add the grated cheese, parsley and wine, and simmer until the cheese has melted. Break the eggs into this mixture and poach them slowly in the cheese and wine sauce until just set.

LUIS RIPOLL
NUESTRA COCINA: 600 RECETAS DE MALLORCA, MENORCA, IBIZA Y FORMENTERA

Quickly Prepared Mushrooms with Eggs

Funghi alla Rapida con Uova

Many varieties of wild mint grow abundantly throughout Europe. Ordinary garden mint may be substituted.

Nepitella, or wild catmint, is a strong-smelling labiate herb (scientific name: *Nepeta cataria*) which can be found growing wild in the mountain districts of Versilia (northern Tuscany)—often lodged in the cracks of old walls.

	To serve 6	
6	eggs	6
500 g	small ceps, wiped clean with a damp cloth	1 lb
10 cl	olive oil	3½ fl oz
3	garlic cloves, lightly crushed	3
1	branch *nepitella* (catmint)	1
	salt and pepper	

Place the oil, garlic and *nepitella* in a frying pan. Add the ceps, season, and sauté over a medium heat for 10 to 15 minutes. When the small amount of water given out by the mushrooms has been absorbed, remove the garlic and *nepitella* and break the eggs into the pan. Allow them to set lightly without touching them, then stir the contents of the pan once just as the dish is to be served. Delicious!

MARIÙ SALVATORI DE ZULIANI
LA CUCINA DI VERSILIA E GARFAGNANA

Eggs, Cheese and Truffle

Oeufs, Fromage et Truffe

	To serve 4	
8	eggs	8
50 g	*fontina* cheese, cut into small pieces	2 oz
One 50g	white truffle, very thinly sliced	One 2 oz
50 g	butter	2 oz
	salt and pepper	
	grated nutmeg	

Melt the butter in a wide, shallow saucepan or casserole over a low heat, add the cheese, and melt it. Add the slices of truffle and mix well. Break the eggs on to the cheese and truffle and season with salt, pepper and a pinch of nutmeg. Allow the eggs to set over a low heat for about 5 minutes, then serve.

F. AND T. RARIS
LES CHAMPIGNONS, CONNAISSANCE ET GASTRONOMIE

Sheep Brains in Red Sauce

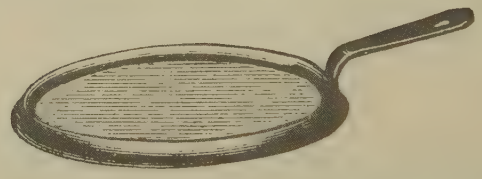
Cervelles Sauce Rouge

	To serve 6	
6	eggs	6
4	sheep's brains, washed in vinegared water, covering membranes removed	4
¼ litre	water	8 fl oz
	salt	
2	whole dried red chili peppers	2
3 tbsp	chopped coriander leaves (or 1 tsp coriander seeds, crushed)	3 tbsp
4	garlic cloves	4
1 tbsp	paprika	1 tbsp
12.5 cl	oil	4 fl oz

Put the brains in a saucepan with the water. Salt them, and add the chili peppers, coriander and garlic. Dissolve the paprika in the oil and add it to the pan.

Cook the brains over a low to medium heat for 20 minutes or until they are cooked through but still firm. Three minutes before taking the pan from the heat, add the eggs, one by one, and poach them in the sauce.

IRÈNE LABARRE AND JEAN MERCIER
LA CUISINE DU MOUTON



Eggs Poached in Tomatoes

Uova al Pomodoro

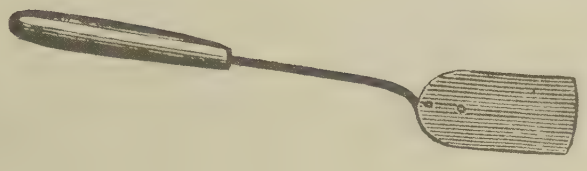
	To serve 6	
12	eggs	12
1 kg	very ripe plum tomatoes, skinned and chopped or whole canned tomatoes	2 to 2½ lb
4 tbsp	olive oil	4 tbsp
1	garlic clove, chopped	1
	salt and pepper	
5 or 6	fresh basil leaves, each torn into 2 or 3 pieces	5 or 6

Heat the oil in a large fireproof casserole, preferably one made of earthenware. When it is hot, sauté the garlic lightly until pale golden in colour. Add the tomatoes and cook them

over a low heat for about 15 minutes. Check to be sure they are very soft and of a sauce-like consistency, and if necessary cook them a little longer; do not add any water or broth. Add salt and pepper to taste.

Add the basil to the saucepan. Very carefully, break the eggs into the tomato sauce. Sprinkle salt and pepper over the eggs and let them poach for about 8 minutes. Bring the eggs to the table in the pan, and serve them hot.

GUILIANO BUGIALLI
THE FINE ART OF ITALIAN COOKING



Eggs Poached on Tomatoes and Smoked Herring

Aijja au Hareng Fumé "Lzza bi Ringa"

Harissa *is a hot pepper condiment used in North African cooking, and widely available in speciality shops. To make your own, dried red chili peppers, garlic, cumin seed, salt and olive oil, in proportions to taste, may be pounded in a mortar or puréed in a liquidizer until a smooth sauce is formed.*

	To serve 4	
4	eggs	4
500 g	tomatoes, skinned and sieved	1 lb
100 g	smoked herring, grilled, skinned, boned and crumbled	3½ oz
10 cl	olive oil	3½ fl oz
1 tbsp	*harissa*	1 tbsp
½ tbsp	paprika	½ tbsp
3 or 4	garlic cloves, thinly sliced	3 or 4
½ tbsp	caraway seeds, pounded	½ tbsp
250 g	sweet red peppers, seeded and diced	8 oz
	salt	

Heat the oil in a frying pan. Add the tomatoes, *harissa*, paprika, garlic and caraway seeds. Put in the herring and pour on ¼ litre (8 fl oz) of water.

Simmer the mixture for 5 minutes, then add the sweet peppers. Continue cooking over a low heat for about 20 minutes or until you have a thick sauce. Correct the seasoning and break the eggs, one by one, on to the sauce. Cook until the whites have set, and serve hot.

AHMED LAASRI
240 RECETTES DE CUISINE MAROCAINE

Eggs Poached in Wine Burgundy-Style

Les Oeufs Pochés en Meurette Bourguignonne

This sauce may be either white or red, depending on whether you use white or red wine. The Burgundians enrich this dish with mushroom caps cooked in a little white wine, and with small pieces of green bacon browned with the onions.

	To serve 6	
12	eggs	12
¾ litre	Chablis or Moulin-à-Vent	1¼ pints
	salt and pepper	
1	bouquet garni	1
1	large onion	1
2	shallots, sliced	2
2 to 3	parsley roots, sliced	2 to 3
1	sugar lump	1
125 g	butter	4 oz
15 g	flour	½ oz
24	small pickling onions, parboiled for 10 minutes	24
12	small slices bread, crusts removed	12
1 tbsp	chopped parsley	1 tbsp

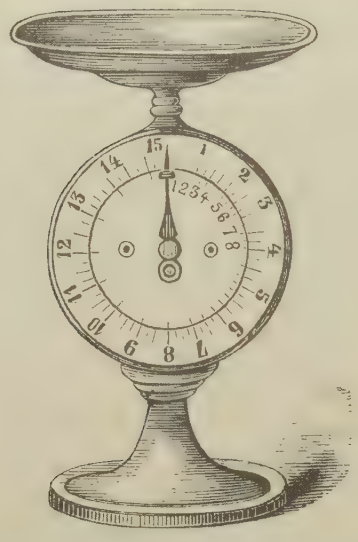
Place the wine in a large saucepan with the salt and pepper, bouquet garni, onion, shallots, parsley roots and sugar. Bring the wine to the boil over a high heat, then lower the heat as much as possible and allow the wine to simmer very gently, uncovered, for 20 minutes. Strain the wine into a shallow pan and place over a low heat.

Break each egg into a small bowl and quickly slide it into the simmering wine. Poach the eggs, four at a time, for 3 minutes, then remove them with a slotted skimmer to a warm cloth. Strain the wine again into a clean pan. Work 30 g (1 oz) of the butter into the flour with your fingertips, and whisk this mixture into the wine as you bring it to the boil. Simmer for about 10 minutes or until thick. Correct the seasoning.

In a small frying pan, sauté the onions in 30 g (1 oz) of butter until they are golden. Fry the bread slices in the remaining butter. Add the onions to the sauce.

On a serving dish, arrange the fried bread and place each egg on a slice of bread. Pour the sauce over all, garnish with the chopped parsley and serve immediately.

PAUL BOUILLARD
LA CUISINE AU COIN DU FEU



Eggs Poached in Wine

Uova in Camicia al Vino

This is a real connoisseur's dish which one rarely comes across these days, and then only in the old families of Versilia. If red wine is used instead of white, the dish becomes less delicate.

	To serve 6	
12	eggs	12
½ litre	dry white wine	16 fl oz
3	onions, sliced	3
2	garlic cloves	2
	thyme	
½	bay leaf	½
	salt and pepper	
	grated nutmeg (optional)	
60 g	butter, kneaded with 1 tsp flour	2 oz
12	slices bread, fried in butter	12

Pour the wine into a saucepan and add the onions, garlic, thyme, bay leaf, salt, pepper and, if desired, a touch of nutmeg. Bring to the boil and simmer for 15 minutes.

Break the eggs one by one into a small cup and slide them into the wine, gently spooning the whites over the yolks, as for poached eggs. Cook no more than three eggs at a time. The wine should be barely simmering. After about 3 minutes, remove the eggs with a slotted spoon and keep them warm. When all of the eggs are cooked, remove the bay leaf and purée the wine mixture through a fine sieve into a clean pan. Whisk the kneaded butter into the wine, and cook over a low heat until this sauce is reduced and thickened to a creamy consistency. Place a poached egg on each piece of fried bread, and pour over the wine sauce.

MARIÙ SALVATORI DE ZULIANI
LA CUCINA DI VERSILIA E GARFAGNANA

Poached Eggs in Wine Sauce

Oeufs en Matelote

The technique of cooking poached eggs is shown on page 26.

	To serve 4	
4	eggs, poached	4
125 g	button mushrooms	4 oz
125 g	pearl or pickling onions	4 oz
60 g	butter	2 oz
1 tbsp	flour	1 tbsp
12.5 cl	beef stock (*page 165*)	4 fl oz
12.5 cl	white wine	4 fl oz
2	egg yolks	2
4	slices bread, toasted	4

Sauté the mushrooms and onions in the butter for about 5 minutes or until they begin to soften. Sprinkle over the flour, and stir in the stock and wine. Cook over a low heat for 20 minutes or until the onions are tender and the sauce is thickened. Off the heat, stir the egg yolks into the sauce. Heat the sauce gently for another minute or two, without letting it boil. Arrange a poached egg on each slice of toast, pour the sauce over the eggs, and serve.

A. B. DE PÉRIGORD
LE TRÉSOR DE LA CUISINIÈRE ET DE LA MAITRESSE DE MAISON

Baked Eggs in Curds

	To serve 6	
6	eggs	6
500 g	curd cheese, beaten well	1 lb
30 g	butter, melted	1 oz
1 tsp	chili powder	1 tsp
1 tsp	ground cumin	1 tsp
¼ tsp	ground turmeric	¼ tsp
	salt and pepper	
	finely chopped coriander leaves	

Pour equal amounts of melted butter into six individual ovenproof bowls. To the beaten curds, add the chili, cumin, turmeric and salt and pepper. Beat the mixture well until thoroughly blended. Spoon the cheese into the individual bowls. Break one egg into each bowl and bake in an oven preheated to 230°C (450°F or Mark 8) for about 10 minutes or until the eggs are well set. Sprinkle with the coriander leaves and serve immediately.

PREMILA LAL
THE EGG AND CHEESE COOK-BOOK

Eggs with Cream in Ramekins

Oeufs à la Crème en Cocotte

To serve 4

4	eggs	4
4 tbsp	double cream or *crème fraîche*	4 tbsp
60 g	butter	2 oz
	salt and pepper	

Heat four ramekin dishes in a 180°C (350°F or Mark 4) oven. Bring the cream to the boil and pour a tablespoon of it into each ramekin. Break an egg into each and season with salt and pepper. Top each egg with a quarter of the butter.

Set the ramekins in a bain-marie and cook them on top of the stove or in an oven preheated to 180°C (350°F or Mark 4) for about 10 minutes or until the whites of the eggs are set and the yolks are still soft.

MARIE BISSON
LA CUISINE NORMANDE

Maria Luigia's Eggs with Cheese

Uova al Formaggio alla Maria Luigia

To serve 4

8	eggs	8
4 tbsp	double cream	4 tbsp
3 tbsp	grated Parmesan cheese	3 tbsp
1	small onion, finely chopped	1
	pepper	

Put the cream in a shallow ovenproof dish, break the eggs into the cream, sprinkle them with the cheese, and then add the onion. Bake in an oven preheated to 180°C (350°F or Mark 4) for about 20 minutes or until the whites are set and the yolks still soft. Season with pepper to taste and serve.

FERRUCCIO BOTTI (MASTRO PRESCIUTTO)
GASTRONOMIA PARMENSE OSSI PARMA CAPITALE DEI BUONGUSTAI

Eggs Baked in Gravy

Oeufs en Cocottes au Jus

To serve 6

6	eggs	6
	salt and pepper	
6 tbsp	meat gravy or reduced stock (*page 165*)	6 tbsp
100 g	Gruyère cheese, grated	3½ oz

Butter six ovenproof ramekins; break an egg into each one. Season with salt and pepper. Pour 1 tablespoon of meat gravy over each egg and sprinkle with the cheese. Half fill a shallow tin with hot water and place the ramekins in it. Place the tin in an oven preheated to 200°C (400°F or Mark 6) and bake for 15 minutes or until the eggs are set. Serve immediately.

LÉON ISNARD
LA CUISINE FRANÇAISE ET AFRICAINE

Bacon and Eggs in a Mug

To serve 4

8	eggs, 4 beaten	8
60 g	Gruyère cheese, grated	2 oz
	salt and pepper	
125 g	bacon, grilled until crisp, crumbled	4 oz
1 tbsp	chopped parsley	1 tbsp
60 g	mushrooms, chopped, sautéed in butter	2 oz
4 tbsp	double cream	4 tbsp
30 g	butter	1 oz

Butter the insides of four medium-sized heatproof coffee mugs, and sprinkle the bottom and sides of the mugs with cheese. Season the beaten eggs, and divide them among the mugs. Mix the bacon, parsley and mushrooms together, and spoon this mixture in a neat layer over the beaten eggs.

Break an egg into each mug, season it, and cover each yolk with a tablespoon of cream. Cover the eggs with the remaining cheese and place a morsel of butter on top.

Put the mugs in a pan containing 4 cm (1½ inches) of hot water and cook the eggs, loosely covered with foil, either over a low heat or in an oven preheated to 180°C (350°F or Mark 4) for 10 to 15 minutes or until the whites of the eggs are set. The yolks should remain soft. At no time should the water boil. Place the mugs under the grill for a brief moment so that the cheese can begin to brown.

JUDITH OLNEY
COMFORTING FOOD

Butcher's Wife Eggs

Oeufs sur le Plat à la Bouchère

To serve 6

6	eggs	6
100 g	raw lean beef, finely chopped	3½ oz
	salt and pepper	
60 g	butter, melted	2 oz
8 cl	tomato sauce (*page 167*)	3 fl oz

Butter six individual, shallow ovenproof egg dishes. Season the meat with salt and pepper, and make a ring of meat in the base of each dish. Break an egg into each ring. Spoon a little melted butter on top of each yolk, then bake in an oven preheated to 230°C (450°F or Mark 8) for 10 minutes or until the whites are cooked but the yolks still soft. Season the eggs, and pour a little tomato sauce around each one.

PROSPER MONTAGNÉ AND DR. A. GOTTSCHALK
MON MENU-GUIDE D'HYGIÈNE ALIMENTAIRE

Eggs Baked with Oysters Normandy

Oeufs au Plat à la Normande

To serve 4

8	eggs	8
24	oysters	24
8 tbsp	double cream	8 tbsp
	salt and pepper	

Open the oysters and strain and reserve their liquid. Take four small ovenproof dishes and in each put 2 tablespoons of cream with salt and pepper. Put six oysters in each dish and pour some of their liquid over them.

Break the eggs over the oysters—two to each dish—and bake them in an oven preheated to 180°C (350°F or Mark 4) for about 10 minutes or until the whites are set but the yolks are still liquid. Serve them in their cooking dishes.

MARIE BISSON
LA CUISINE NORMANDE

Eggs with Calf's Brains

Oeufs en Cocotte Sagan

To serve 6

6	eggs	6
2	pairs calf's brains	2
	iced water	
2 tbsp	lemon juice	2 tbsp
¼ litre	chicken stock (*page 165*)	8 fl oz
12.5 cl	double cream	4 fl oz
60 g	butter, melted	2 oz
	salt and pepper	
60 g	Parmesan cheese, grated	2 oz

Prepare the brains by soaking them in iced water to cover, mixed with the lemon juice, for about 30 minutes. Drain them, pare off all the skin, and pat them dry with a paper towel. Place the brains in a saucepan and cover them with the stock. Simmer over a low heat for 10 minutes. Drain them, cool slightly, and chill for a few minutes in the refrigerator. Cut them into 1 cm (½ inch) cubes, mix them with half the cream and half the butter, and season with salt and pepper.

Have ready six ramekins or *cocottes* and a shallow pan of hot water about 1 cm (½ inch) deep. Fill each ramekin half way with the brains and break one egg on top. Sprinkle with a little salt and pepper. Spoon the remaining cream over the eggs and sprinkle with the cheese and the remaining butter. Set the ramekins in the pan of hot water and bake for 6 minutes, or until just set, in an oven preheated to 180°C (350°F or Mark 4). Remove from the oven. Place each hot ramekin on a folded napkin on a plate. Serve at once.

DIONE LUCAS AND MARION GORMAN
THE DIONE LUCAS BOOK OF FRENCH COOKING

Rustic Eggs

Les Oeufs Rustiques

To serve 4

8	eggs	8
350 g	onions, thinly sliced	12 oz
60 g	butter	2 oz
	sugar (optional)	
	salt and pepper	
12.5 cl	double cream	4 fl oz

Blanch the onion slices for a few seconds in boiling water, then rinse them under cold water, drain them and pat them dry. Fry the onions lightly in 30 g (1 oz) of the butter until they

are soft but not browned. Sprinkle with a very small pinch of sugar, if desired.

Arrange the onions in the bottom of a 20 cm (8 inch) ovenproof dish in four mounds, or place them in four individual dishes. Dot them with the remaining butter. Break two eggs on top of each mound of onions, season, and bake in an oven preheated to 180°C (350°F or Mark 4) for 20 minutes or until the whites are set and the yolks are still soft. Just before serving, cover each egg with a tablespoon of cream.

CAROLINE MIQUEL
LES BONNES RECETTES DE TANTE CAROLINE

Eggs Glaz'd with Cucumbers

Eggs may be prepared in the same way with endives, lettuce, celery, asparagus tips, young peas or sliced artichoke hearts.

	To serve 4 to 8	
8	eggs	8
6	small cucumbers, peeled, quartered lengthwise, seeded and sliced	6
	salt and pepper	
2	onions, sliced	2
12.5 cl	vinegar	4 fl oz
12.5 cl	water	4 fl oz
30 g	butter	1 oz
1 tbsp	flour	1 tbsp
15 cl	stock (*page 165*)	¼ pint
	grated nutmeg	

Marinate the cucumbers with salt, pepper, the onions, vinegar and water for about 2 hours. Drain the cucumbers thoroughly and dry them in a cloth. Put them in a pan with the butter, and fry until they are lightly coloured. Sprinkle them with the flour and wet them with the stock. Simmer them for 5 minutes, skim the sauce, and taste for seasoning.

Arrange this ragout in a shallow ovenproof dish. Break your eggs at equal distances among the cucumbers, and season the top of each egg with a little salt and grated nutmeg. Place the dish in an oven preheated to 220°C (425°F or Mark 7) for 10 minutes or until the eggs are just set. When your eggs are done and not hard, serve hot.

VINCENT DE LA CHAPELLE
THE MODERN COOK

Eggs Baked with Savoy Cabbage and Caraway

In the summer, use French beans, spring onions and tomatoes for a lighter texture, and flavour them with fennel.

	To serve 4	
8	eggs	8
1	Savoy cabbage, tough outer leaves discarded, halved, cored and shredded	1
1 tbsp	caraway seeds	1 tbsp
2 tbsp	olive oil	2 tbsp
1	onion, thinly sliced	1
1	garlic clove, finely chopped	1
500 g	ripe tomatoes, skinned, seeded and chopped	1 lb
15 cl	soured cream	¼ pint

Put the cabbage into a saucepan with the oil, onion, garlic, tomatoes and half of the caraway seeds. Cover the pan and set it on a medium heat for 20 minutes, stirring occasionally. Remove the pan from the heat, allow the cabbage to cool a little and stir in half of the soured cream.

Put the cabbage into a large, shallow, ovenproof dish and make eight indentations in it. Break the eggs into these. Mix the remaining soured cream and caraway seeds together and spoon them over the eggs, covering the yolks if possible.

Cover the dish completely with a large sheet of buttered or oiled aluminium foil and put it into an oven preheated to 200°C (400°F or Mark 6) for 20 minutes or until the whites of the eggs are set, but the yolks still liquid.

GAIL DUFF
GAIL DUFF'S VEGETARIAN COOKBOOK

Mont-Bry Eggs

Oeufs à la Mont-Bry

To serve 6

6	eggs	6
500 g	carrots, cut into *julienne* strips	1 lb
30 g	butter	1 oz
	salt and pepper	
	sugar (optional)	
12.5 cl	double cream or *crème fraîche*	4 fl oz

Cook the carrots in a pan with the butter until they are soft but not brown, about 15 minutes, keeping the heat low and adding a few drops of water occasionally. Add seasoning to taste and, if desired, a very little sugar.

When the carrots are cooked, butter six individual ovenproof dishes and divide the carrots among them. Break an egg into each dish and cover it with cream. Stand the dishes in a bain-marie. Put them in an oven preheated to 180°C (350°F or Mark 4) for about 20 minutes or until the whites are firm and the yolks are still soft. Season again lightly on removing from the oven, and serve hot.

CAROLINE MIQUEL
LES BONNES RECETTES DE TANTE CAROLINE

Baked Eggs in Cheesey Wild Rice

To cook the wild rice for this recipe, stir it into three times its volume of boiling water. Cover and simmer for 30 to 45 minutes or until the water is absorbed and the rice is tender.

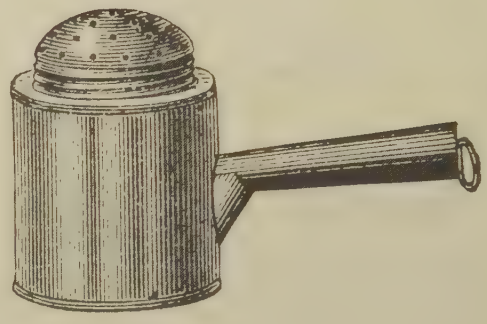
To serve 4

8	eggs	8
125 g	Emmenthal cheese, grated	4 oz
850 g	cooked wild rice	1¾ lb
60 g	butter	2 oz
60 g	mushrooms, sliced	2 oz
90 g	sweet green pepper, seeded and chopped	3 oz
20 g	flour	¾ oz
1 tsp	salt	1 tsp
¼ tsp	white pepper	¼ tsp
½ litre	single cream	16 fl oz

Melt the butter in a frying pan and sauté the mushrooms and green peppers in it for 3 to 4 minutes. Sprinkle in the flour, salt and pepper, stirring until blended well. Slowly stir in the cream, cooking and stirring constantly until the mixture begins to thicken. Add the grated cheese and cook, stirring constantly, until the cheese has melted. Set it off the heat.

Stir half of the cheese sauce into the rice. Spread this on the bottom of a lightly buttered, shallow, 28 by 18 cm (11 by 7 inch) ovenproof dish. Make eight indentations in the rice. Spread a spoonful of the remaining cheese sauce in each indentation. Break an egg into each. Bake, uncovered, in an oven preheated to 180°C (350°F or Mark 4) for 15 to 20 minutes or until the eggs are cooked as desired.

BETH ANDERSON
WILD RICE FOR ALL SEASONS COOKBOOK



Black Beans and Eggs

To serve 6

6	eggs	6
175 g	dried black beans, soaked overnight and drained	6 oz
	salt and pepper	
175 g	onions, finely chopped	6 oz
2	garlic cloves, finely chopped	2
1	bay leaf	1
¼ tsp	basil	¼ tsp
100 g	Cheddar cheese, grated	3½ oz
2 tbsp	sherry	2 tbsp

Cover the beans with water, bring to the boil, cover and simmer for 2 hours or more, until tender. Now add salt, pepper, the onions, garlic, bay leaf and basil. Remove the beans from the heat and let them stand for about 3 hours. Or cool the beans and refrigerate them overnight.

Warm up the beans and mash them well with a fork. If the mixture does not mash easily, cook it until it does. Then stir in the grated cheese, reduce the heat, and stir again until the cheese melts. Add the sherry.

Distribute the bean mixture among six buttered ramekins. Make a hollow in the centre of each ramekin and slide an egg into each hollow. Bake in an oven preheated to 180°C (350°F or Mark 4) for 10 to 15 minutes, until the eggs are firm.

CAROL COLLVER THURBER (THE MAD HATTER)
THE CALYPSO COOKBOOK

Baked Eggs Navarre-Style

Huevos al Plato a la Navarra

Chorizo is a spicy sausage flavoured with paprika and now widely available outside Spain.

This recipe calls for shallow, individual earthenware dishes of the kind used throughout Spain for *huevos al plato.*

	To serve 4	
8	eggs	8
4	ripe tomatoes, skinned and chopped	4
30 g	butter	1 oz
	salt and pepper	
2 tbsp	chopped parsley	2 tbsp
8 slices	*chorizo*	8 slices
50 g	Gruyère cheese, grated	2 oz

In a frying pan, cook the tomatoes in the butter for 15 minutes or until they form a thick purée. Season with salt and pepper and add the chopped parsley.

Butter four individual baking dishes and divide the tomato sauce among them. Break two eggs into each dish and place a slice of the *chorizo* beside each yolk. Sprinkle the cheese over the eggs. Bake them in an oven preheated to 180°C (350°F or Mark 4) for 15 to 20 minutes. The yolks should remain soft.

ANA-MARÍA CALERA
365 RECETAS DE COCINA VASCA

Tomatoes Stuffed with Eggs

Paradais Rosii Umplute cu Oua

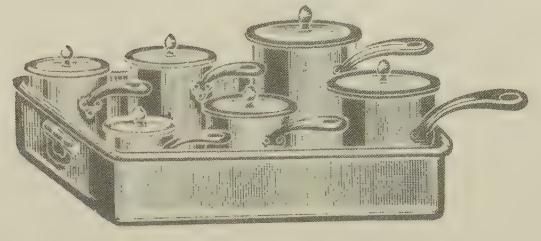
	To serve 4	
4	small eggs	4
4	large ripe tomatoes	4
	salt	
90 g	butter, melted	3 oz
	freshly ground black pepper	
30 g	Parmesan cheese, grated	1 oz
1 tbsp each	finely cut fennel leaves and chopped parsley	1 tbsp each
4 tbsp	double or soured cream (optional)	4 tbsp

Slice off the stem ends of the tomatoes, reserving these lids, and scoop out the pulp, seeds and ribs with a spoon.

Arrange the tomatoes in a well-buttered baking dish just large enough to hold them upright. Sprinkle the insides with a little salt and pepper and pour in a little melted butter. Break each egg into a saucer and slide it into a tomato case. Sprinkle the top with the cheese, parsley and fennel. Pour in the rest of the butter, and replace the cut-off tomato lids.

Bake in an oven preheated to 180°C (350°F or Mark 4) for about 20 minutes; the cheese should bubble up to the top of the tomatoes, and the skins should be almost ready to burst. Serve plain or with double or soured cream.

ANISOARA STAN
THE ROMANIAN COOKBOOK



Eggs in Cases with Mushrooms

	To serve 6	
6	eggs	6
125 g	mushrooms, trimmed, trimmings reserved	4 oz
45 cl	milk	¾ pint
2	egg yolks, lightly beaten	2
125 g	fine fresh breadcrumbs	4 oz
	salt and pepper	
¼ tsp	ground allspice	¼ tsp
15 g	butter	½ oz
1 tbsp	flour	1 tbsp
3 tbsp	browned dry breadcrumbs	3 tbsp

Stew the mushrooms in 30 cl (½ pint) of the milk for about 15 minutes over a low heat. Drain them, reserving the milk, and chop them up small. Add the egg yolks to the milk and cook, stirring, over a low heat until the mixture thickens without coming to the boil. Stir in the chopped mushrooms and the fresh breadcrumbs, to make a mixture with the consistency of a stuffing. Season with salt and allspice.

Line six well-buttered china ramekins with this mushroom mixture, leaving a hollow in the centre of each, into which break a fresh egg. Set the ramekins in a shallow pan with hot water 2.5 cm (1 inch) deep around them and bake them in an oven preheated to 180°C (350°F or Mark 4) for 10 minutes, or until the whites of the eggs are set.

For the sauce, simmer the mushroom trimmings in the remaining milk for 20 minutes. Season with a pinch each of salt and pepper. Strain the mixture. Work the butter and flour together, and whisk it into the broth. Cook until the sauce thickens. Coat the top of each egg with the sauce, dust with browned breadcrumbs, and serve.

A. KENNEY HERBERT ("WYVERN")
FIFTY BREAKFASTS

Eggs on Toast

The author of this 1923 recipe suggests that this dish was often called "ox eyes"—presumably due to its finished appearance.

	To serve 4	
8	eggs	8
8	slices white or brown bread, toasted	8
	butter	
	salt and pepper	
10 cl	double cream	3½ fl oz

Stamp out a round from each slice of toast, and cut out the centres of the rounds with a smaller cutter so as to form rings of toast. Spread a little fresh butter over each ring, and place them on a well-buttered baking dish. Break an egg carefully into each ring of toast, season with a little salt and pepper, and pour a spoonful of cream around each egg. Bake in an oven preheated to 180°C (350°F or Mark 4) for about 10 minutes or until the whites begin to set. Great care must be taken that the eggs do not get overcooked and, above all, that the yolks are not disturbed during the process of cooking. Send the dish to the table as hot as possible.

C. HERMAN SENN
BREAKFAST DISHES AND SAVOURIES

Eggs with Soured Cream

	To serve 4	
8	eggs	8
15 cl	soured cream	¼ pint
8	toasted bread rounds, 7 cm (3 inches) in diameter, with a 3 to 4 cm (1½ inch) circle cut out of the middle	8
	salt and pepper	
8 tsp	milk	8 tsp

Put the rings of toast in a large, shallow, well-buttered ovenproof dish without letting them overlap. Pour over them as much soured cream as they will absorb without getting sodden, and then break an egg carefully into the middle of each ring. Sprinkle the eggs lightly with salt and pepper, and pour a teaspoonful of milk over each egg. Bake in an oven preheated to 200°C (400°F or Mark 6) for 15 minutes or until the whites are set, but not hard, and serve at once.

AMBROSE HEATH
GOOD BREAKFASTS

Baked Eggs in a Crust with Watercress

The technique of making bread cases is shown on page 37.

	To serve 4	
4	large eggs	4
4	bread cases	4
2	large bunches watercress, trimmed	2
175 g	unsalted butter	6 oz
	salt and pepper	
3	large spring onions	3
2 tbsp	flour	2 tbsp
35 cl	milk	12 fl oz
	grated nutmeg	

Melt 60 g (2 oz) of the butter and, using a pastry brush, coat the bread cases inside and out with the butter. Place the cases on a baking sheet and bake them for 10 minutes in an oven preheated to 180°C (350°F or Mark 4).

Bring a small saucepan of salted water to the boil. Select 16 handsome watercress sprigs and set them aside for garnish. Throw the remaining watercress and the spring onions into the water and blanch for 1 minute. Drain and refresh under cold water. Wrap the greens in an old tea towel and squeeze them very hard until they are dry. Purée in a food processor or blender and set aside.

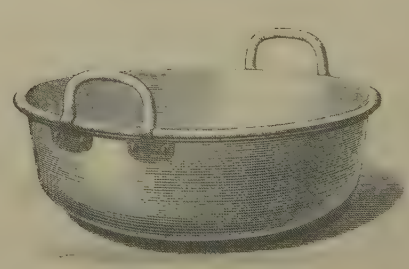
Melt 30 g (1 oz) of butter in a small saucepan. Stir in the flour and whisk over a low heat for 4 minutes. Slowly stir in ¼ litre (8 fl oz) of the milk, season with salt, pepper and nutmeg, then cook over a low heat for 15 minutes. At the end of this time, add the watercress purée and let the sauce simmer another 10 minutes. It should be very thick.

Use two-thirds of this sauce to coat the interiors of the bread cases. Break an egg into each hollow and return the cases to the oven for 10 to 12 minutes. (The whites of the eggs should set; the yolks should remain liquid.)

Place the saucepan containing the remaining watercress sauce over a low heat. Whisk in the remaining milk and bring to the boil. Remove the pan from the heat and whisk in the remaining butter. Taste for seasoning.

Pour the sauce on to four warm dinner plates. Set a baked egg case in the middle of each prepared plate and garnish the plates with the reserved sprigs of watercress.

JUDITH OLNEY
COMFORTING FOOD



Eggs Slovakian-Style

Eier auf Slowakische Art

To serve 4

8	eggs, yolks separated from whites, whites stiffly beaten	8
8	slices white bread, toasted	8
30 cl	milk	½ pint
	salt and pepper	

Soak the toast in the milk for 1 minute, then arrange the slices side by side in a large, shallow, buttered ovenproof dish. Season the egg whites with a little salt and spread them on the toast. Make a depression in the centre of each slice of toast with a teaspoon and place a yolk in each depression. Sprinkle the yolks with salt and pepper. Bake in an oven preheated to 180°C (350°F or Mark 4) for about 15 minutes or until the egg yolks are set. Serve immediately.

ELEK MAGYAR
KOCHBUCH FÜR FEINSCHMECKER

Eggs on a Savoury Base

Oeufs au Gratin

To serve 4

4	eggs	4
100 g	butter	3½ oz
100 g	fresh breadcrumbs	3½ oz
1	salt anchovy, soaked, filleted, rinsed, dried and chopped	1
1 tbsp	chopped parsley	1 tbsp
1 tbsp	chopped chives	1 tbsp
1	shallot, finely chopped	1
6	egg yolks, beaten	6
	salt and pepper	

Melt 60 g (2 oz) of the butter in a frying pan, add the breadcrumbs and cook, stirring, until the butter is absorbed. Off the heat, stir in the anchovy, parsley, chives, shallot and egg yolks. Spread the mixture in a buttered gratin dish. Cook over a low heat, or in an oven preheated to 220°C (425°F or Mark 7) until the mixture begins to set, about 10 minutes, then break the whole eggs on top. Season with salt and pepper. Cook in the hot oven for a few minutes, or slide the dish under a hot grill until the whites have set, and serve.

NOUVEAU MANUEL DE LA CUISINIÈRE BOURGEOISE ET ÉCONOMIQUE

Egg Yolk Canapés

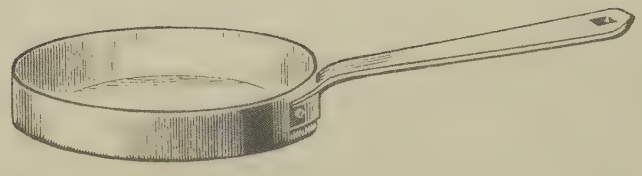
Rossi d'Uovo al Canapè

To serve 6

6	egg yolks	6
6	thick slices bread, crusts removed	6
60 g	butter	2 oz
30 cl	white sauce (*page 167*)	½ pint
45 g	Parmesan cheese, grated	1½ oz
¼ tsp	ground cinnamon or grated nutmeg	¼ tsp
	salt	

Make a hollow in the centre of each slice of bread, being careful not to cut all the way through. Fry the bread cases in the butter until they are golden. Place them in an ovenproof serving dish, and put an egg yolk into each hollow. Heat the sauce gently and stir in the cheese, cinnamon or nutmeg, and a pinch of salt. Cool the sauce slightly, and pour it over the bread and yolks. Bake in an oven preheated to 180°C (350°F or Mark 4) for 15 minutes, without allowing the yolks to become hard. Serve hot.

PELLEGRINO ARTUSI
LA SCIENZA IN CUCINA E L'ARTE DI MANGIAR BENE



Cantal Eggs

Oeufs à la Cantalienne

To serve 4

8	eggs, yolks separated from whites, whites stiffly beaten	8
75 g	Cantal cheese, grated or slivered	2½ oz
	salt and pepper	
3 tbsp	double cream	3 tbsp

Butter a round, fairly deep gratin dish. Salt and lightly pepper the egg whites, and spread them in the dish. Make eight dents in the whites with the back of a spoon, and put a yolk in each dent. Cover the yolks with cream, then sprinkle the whole surface with the cheese. Bake in an oven preheated to 180°C (350°F or Mark 4) for 10 minutes.

EUGÉNIE BRAZIER
LES SECRETS DE LA MÈRE BRAZIER

Eggs the Antidame Way

The title of this 18th-century recipe probably indicates that the ingredients were considered rather too strong for refined feminine tastes of the period.

	To serve 6	
10	eggs	10
8 cl	olive oil	3 fl oz
2 tbsp	finely chopped parsley	2 tbsp
2 tbsp	finely cut chives	2 tbsp
2	salt anchovies, soaked, filleted, rinsed, dried and finely chopped	2
1 tbsp	finely chopped capers	1 tbsp
	salt and pepper	
	grated nutmeg	
	lemon juice	

Pour the olive oil into a fireproof serving dish and break six of the eggs into it. Cook over a low heat until the whites of the eggs are just set, the yolks still soft. Meanwhile, separate the yolks and whites of the four remaining eggs. Whip the whites stiffly. Mix the yolks with the parsley, chives, anchovies and capers and beat them all together. Season with salt, pepper, a little nutmeg and lemon juice. Fold in the egg whites, then put this composition over the other eggs that are already in the dish, and bake in an oven to 200°C (400°F or Mark 6) until the top is lightly set; a moment is enough to do them. When they are done enough, serve hot.

VINCENT DE LA CHAPELLE
THE MODERN COOK

Spanish Fried Eggs

Huevos Fritos a la Española

	To serve 4	
4	eggs	4
12.5 cl	olive oil	4 fl oz
1	large onion, chopped	1
500 g	ripe tomatoes, skinned, seeded and chopped	1 lb
3	sweet peppers, seeded and chopped	3
	salt	
	toasted bread, cut into triangles (optional)	

Heat 4 tablespoons of the oil in a saucepan and cook the onion, tomatoes and peppers in it until slightly softened. Season with salt, cover, and cook slowly for 40 minutes or until the vegetables are cooked to a thick purée. Place the purée in a warmed serving dish. Fry the eggs in the remaining oil; break them into a cup first if desired and slide them into the hot oil. When they are cooked, place the eggs on top of the purée. This dish can be garnished with triangles of toast.

MARIA PILAR JEREZ
TU COCINA

Eggs Clementine

Oeufs à la Clémentine

	To serve 4	
4	eggs	4
4	slices bread, fried in butter	4
60 g	Gruyère cheese, grated	2 oz
4 tbsp	white wine	4 tbsp
	salt	
	cayenne pepper	
60 g	butter	2 oz

Arrange the fried bread in an ovenproof serving dish. Melt the cheese in a saucepan with the wine; season with salt and cayenne. Pour this mixture on to the fried bread. Fry the eggs in hot butter, and place each egg on a slice of the fried bread. Put the dish into an oven preheated to 200°C (400°F or Mark 6), or under a grill, for 2 minutes to glaze the tops of the eggs.

LE CORDON BLEU

Stuffed Fried Eggs

Ova Frictellate Piene

	To serve 6	
12	eggs	12
4	egg yolks	4
15 cl	oil	¼ pint
60 g	Parmesan cheese, grated	2 oz
2 tbsp	finely chopped mint	2 tbsp
2 tbsp	finely chopped parsley	2 tbsp
60 g	raisins	2 oz
	pepper	
8 cl	orange juice or verjuice (unripe grape juice)	3 fl oz
	ground ginger	

Heat the oil in a frying pan and break in the eggs, four at a time. Cook them slowly, spooning the oil over them so that the yolks set and are covered by a set layer of white. Lift the eggs carefully out of the pan.

When all of the eggs are cooked, cut a slit in the side of each white and carefully scoop out all of the yolk. Put the cooked yolks in a bowl, and beat in the four raw yolks, cheese, mint, parsley, raisins and a little pepper. Mix well.

Refill the egg whites with this mixture and fry them again, four at a time, turning them frequently, for 5 minutes or until the stuffing is cooked. Arrange them on a heated serving dish, pour over a little orange juice or verjuice and sprinkle with a little ground ginger.

EMILIO FACCIOLI (EDITOR)
ARTE DELLA CUCINA

Eggs with Prawn Sauce

Uova alla Salsa di Gambero

These eggs may be prepared in individual egg dishes, the sauce poured over when they are half-cooked, and finished under a grill. The recipe may serve six as a first course.

	To serve 3	
6	eggs	6
150 g	prawns in their shells	5 oz
75 g	butter	2½ oz
1 tbsp	olive oil	1 tbsp
30 g	onion, finely chopped	1 oz
2 tbsp	chopped parsley	2 tbsp
	salt	
15 g	pine-nuts, toasted and pounded in a mortar	½ oz
5 or 6 tbsp	hot water	5 or 6 tbsp

Melt 30 g (1 oz) of the butter in a pan with the oil. Fry the onion and parsley gently until the onion is transparent, about 10 minutes. Add the prawns and a pinch of salt and cook for 10 minutes. Add the pine-nuts and cook for another 5 minutes. Add the hot water, cover, and simmer over a very low heat for 30 minutes. Pound the contents of the pan in a mortar and press the mixture through a sieve.

Cook the eggs in the remaining butter until the whites are barely set. Slip the eggs on to a warmed serving dish and pour the reheated sauce over them before serving.

G. B. AND GIOVANNI RATTO
CUCINIERA GENOVESE

Grilled Eggs with Mutton

To make the coconut milk called for in this recipe, pour about 6 tablespoons of boiling water over 2 tablespoons of grated coconut. After 5 minutes, strain the mixture through a cloth, pressing to extract all the milk.

	To serve 6	
6	eggs	6
1 kg	mutton or lamb, cubed	2 to 2½ lb
250 g	curds or curd cheese	8 oz
	salt	
	ghee	
4	large onions, finely sliced	4
4 tbsp	coconut milk	4 tbsp
¼ tsp	powdered saffron, dissolved in 1 tbsp milk	¼ tsp
	Ginger paste	
5 mm	piece fresh ginger root	¼ inch
1	onion, finely chopped	1
10	garlic cloves, crushed	10
	Masala	
6	dried red chili peppers, seeded	6
8	cardamon pods	8
2	peppercorns	2
¼ tsp	cumin seeds	¼ tsp
5 mm	piece turmeric	¼ inch
1 tbsp	coriander seeds	1 tbsp
2.5 cm	stick cinnamon	1 inch
1	onion, chopped	1

Prepare the ginger paste and *masala* by pounding the ingredients for each in a mortar or putting them through a food grinder. Set aside in separate bowls.

Blend the mutton or lamb with the curds or curd cheese and a little salt. Set aside for 1 hour. Heat a little *ghee* in a frying pan and fry 1 tablespoon of the sliced onions for 10 minutes or until light brown. Add the ginger paste and fry until dark brown. Add the mutton mixture and cook over a moderate heat until the meat is almost tender, about 15 minutes. Remove the pan from the heat.

In another pan, heat some more *ghee* and fry the remaining onions lightly, then add the *masala*. When the onions are golden-brown, add the mutton mixture and cook until tender. Pour in the coconut milk and the saffron and mix well. Add salt to taste and break the eggs over the mutton. Place under a grill and cook until the eggs set. Serve immediately.

PREMILA LAL
THE EGG AND CHEESE COOK-BOOK

Baked Stuffed Eggs

Oeufs Gratinés

	To serve 4	
8	eggs, hard-boiled	8
2	egg yolks, beaten	2
60 g	fresh breadcrumbs	2 oz
4 tbsp	chopped mixed herbs	4 tbsp
50 g	Gruyère cheese, grated	2 oz
50 g	butter, softened	2 oz
1 tbsp	double cream	1 tbsp
	salt and pepper	

Mix the beaten egg yolks with the breadcrumbs. Halve the hard-boiled eggs lengthwise while they are still warm and place the yolks in a small bowl with the breadcrumbs, herbs and cheese. Add half the butter and mix well. Stir in the cream to make a soft consistency. Season with salt and pepper.

Use half the mixture to stuff the halved eggs, and spread the rest in a buttered gratin dish just big enough to hold the egg halves. Place the stuffed eggs on top, dot with the remaining butter and cover with foil. Bake in an oven preheated to 200°C (400°F or Mark 6) for 5 to 6 minutes. Remove the foil and return to the oven for 1 minute to brown the tops.

NINETTE LYON
LES OEUFS

Stuffed Eggs

Uova Ripiene

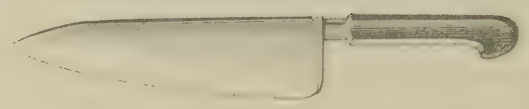
The potatoes in this first-course dish may be replaced by a layer of spinach, peas, or other cooked vegetables.

	To serve 6	
6	hard-boiled eggs, halved lengthwise	6
60 g	butter	2 oz
20 g	crustless bread, soaked in milk and squeezed	¾ oz
2 tbsp	grated Parmesan cheese	2 tbsp
15 g	dried mushrooms, soaked in warm water until softened	½ oz
1 tbsp	chopped parsley	1 tbsp
	salt	
350 g	potatoes, sliced	12 oz

Remove the egg yolks and pound them with 30 g (1 oz) of the butter, the bread, cheese, mushrooms, parsley and salt. Fill the egg whites with this mixture.

Fry the potatoes in the remaining butter until they are soft and golden. Arrange them in the bottom of an ovenproof serving dish, and place the stuffed egg halves on top. Bake in a moderate oven, preheated to 180°C (350°F or Mark 4) for 10 minutes for the eggs to heat through.

PELLEGRINO ARTUSI
LA SCIENZA IN CUCINA E L'ARTE DI MANGIAR BENE



Stuffed Eggs in Wine Sauce

Oeufs Farcis à la Bourguignonne

	To serve 4	
8	eggs, hard-boiled, halved lengthwise, yolks separated	8
2	egg yolks	2
1 tbsp	chopped parsley	1 tbsp
2 tbsp	chopped Welsh or spring onion	2 tbsp
	salt and pepper	
	quatre épices	
	grated nutmeg	
125 g	fresh breadcrumbs, soaked in 10 cl (3½ fl oz) double cream	4 oz
125 g	butter, softened	4 oz
	Wine sauce	
¼ litre	red wine	8 fl oz
60 g	lean ham, diced	2 oz
1	small onion, finely chopped	1
2	shallots, finely chopped	2
30 g	butter	1 oz
1 tbsp	flour	1 tbsp
¼ litre	stock (*page 165*), reduced by half	8 fl oz
1	truffle, sliced	1

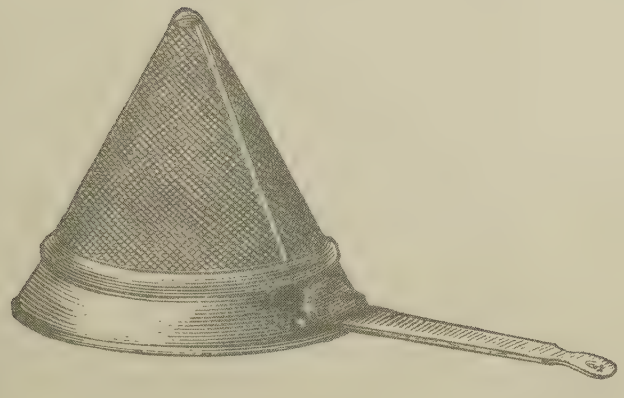
Pound the parsley and onion with the salt, pepper, *quatre épices* and a very little nutmeg to form a paste, then pound with the hard-boiled and raw egg yolks, the breadcrumbs and butter. Force the paste through a sieve.

Stuff half the egg whites with the mixture, mounding it up to give the whites the shape of whole eggs. Spread the remaining stuffing in a shallow, buttered gratin dish, and arrange the stuffed eggs on top.

To make the sauce, brown the ham, onion and shallots in half the butter in a saucepan. Add the wine and simmer until the liquid is reduced by half. Melt the remaining butter in

another pan and stir in the flour to make a roux. Press the reduced wine mixture through a sieve into the roux, stirring to make a smooth sauce. Add the reduced stock. Simmer the sauce very slowly, removing the skin that forms on the top, until it is lightly thickened—about 15 minutes. Place the dish of eggs in an oven preheated to 170°C (325°F or Mark 3) for about 15 minutes, to brown the eggs lightly without letting them dry out. Add the truffle to the sauce and serve the sauce very hot to accompany the dish of eggs.

GASTON DERYS
LES PLATS AU VIN



Mushroom Baked Eggs

Oeufs au Gratin

	To serve 4	
8	eggs, hard-boiled	8
90 g	mushrooms, chopped	3 oz
1	shallot, finely chopped	1
1 tbsp	chopped parsley	1 tbsp
8 cl	tomato sauce (*page 167*)	3 fl oz
	salt and pepper	
40 g	butter, melted	1½ oz
2 tbsp	dry breadcrumbs	2 tbsp

Halve the eggs lengthwise. Remove the yolks and mash them with the mushrooms, shallot and parsley. Add the tomato sauce, salt and pepper, and 15 g (½ oz) of the butter. Cook the mixture for a few minutes.

Arrange the egg whites in a gratin dish. Stuff them with the cooked yolk mixture. Sprinkle with the breadcrumbs, then with the remaining butter. Bake in an oven preheated to 200°C (400°F or Mark 6) for about 15 minutes or until golden on top. Serve the eggs hot.

LA CUISINE LYONNAISE

Sugared and Spiced Stuffed Eggs

Oeufs Farcis au Sucre

The épices rouges *called for in this recipe are mixed spices containing ground pimentos. Ordinary mixed spice, plus a pinch of cayenne pepper, may be substituted.*

	To serve 4	
8	eggs, hard-boiled, halved lengthwise	8
1 tbsp	sugar	1 tbsp
1 tsp	*épices rouges*	1 tsp
2 to 3 tbsp	milk	2 to 3 tbsp

Remove the egg yolks from the whites and work the sugar and spices into the yolks, adding enough milk to make a creamy mixture. Pile the mixture back into the whites. Arrange the eggs in a buttered gratin dish, and bake in an oven preheated to 180°C (350°F or Mark 4) for about 15 minutes.

MARIA NUNZIA FILIPPINI
LA CUISINE CORSE

Hard-Cooked Eggs Deep-Fried in Minced Pork Coating

Yuk Yerng Chung-Dahn

	To serve 4	
4	eggs, hard-boiled	4
200 g	pork, very finely minced	7 oz
½ tsp	salt	½ tsp
1 tbsp	soy sauce	1 tbsp
2 tsp	rice wine or sherry	2 tsp
2	spring onions, very finely chopped	2
1 tbsp	cornflour	1 tbsp
	oil for deep-frying	
1	lettuce, shredded	1

Add the salt, soy sauce, rice wine or sherry, spring onion and cornflour to the pork in a bowl. Mash and stir the mixture until it is very smooth.

Coat each egg with a quarter of the pork mixture, encasing the egg evenly. Fry the eggs in deep oil until golden-brown. Drain, then slice each egg in half lengthwise.

Arrange the halved eggs on a bed of shredded lettuce.

JOHN D. KEYS
FOOD FOR THE EMPEROR

Upside-Down Eggs

Kai Kuam

In Laos, a "caviare" made from the eggs of the giant catfish of the Mekong (Pangasianodon gigas) *was traditionally used for this dish. But this species has become extremely rare and even in Laos it would now be normal to use another cured fish roe (preferably, but not necessarily, from a freshwater fish).*

Fish sauce (nuoc mam *is one variety) is obtainable, bottled, at Oriental grocers. If the duck eggs are not available, four hen's eggs may be substituted.*

	To serve 5	
10	eggs, hard-boiled and cut in half lengthwise	10
3	duck eggs, beaten	3
60 g	lean pork, minced	2 oz
2	garlic heads	2
5	shallots	5
2 tbsp	cured fish roe	2 tbsp
1 to 2 tsp	fish sauce (optional)	1 to 2 tsp
2 tsp	freshly ground black pepper	2 tsp
2 tbsp	finely chopped coriander leaves	2 tbsp
2 tbsp	rendered pork fat	2 tbsp

Sear the minced pork in an ungreased frying pan until it gives off a good aroma (about 2 minutes).

Remove the yolks from the hard-boiled eggs. Cook the garlic and shallots in the embers of a charcoal fire or bake them in an oven preheated to 200°C (400°F or Mark 6) for 20 minutes until they are soft, then peel them and pound them in a mortar with the hard-boiled egg yolks, the pork and the roe. Taste. If the taste is not strong enough, add a little fish sauce. Then add half the pepper and half the coriander. Mix thoroughly and stuff the mixture into the whites of the hard-boiled eggs. Put the two halves of the eggs together.

Put the pork fat in a *wok* or large frying pan and set it on a high heat. When the fat is hot, dip the stuffed eggs in the beaten duck eggs and fry them until they are golden.

Arrange the fried, stuffed eggs on a serving dish, garnish them with the remaining black pepper and coriander leaves and serve them, either hot or lukewarm.

PHIA SING
TRADITIONAL RECIPES OF LAOS

Eggs Provence-Style

Oeufs à la Provençale

Rocambole, *also known as Spanish garlic or sand leek, is a member of the onion family, found growing wild. If it is not available, slightly increase the amount of onion and shallot.*

	To serve 4	
8	eggs, hard-boiled and sliced	8
2	Welsh onions or spring onions, chopped	2
2	shallots, chopped	2
30 g	*rocambole*, chopped	1 oz
30 g	butter	1 oz
1 tbsp	flour	1 tbsp
3 tbsp	finely chopped parsley	3 tbsp
	salt and pepper	
	grated nutmeg	
4 tbsp	double cream	4 tbsp
17.5 cl	oil	6 fl oz
1	Seville orange, juice strained	1

Melt the butter in a heavy saucepan, stir in the flour and add the parsley, Welsh or spring onions, shallots and *rocambole*. Season with salt, pepper and nutmeg, and stir in the cream and oil. Cook over a low heat, stirring, until the mixture forms a smooth, thick sauce, about 15 minutes.

Add the eggs and continue to cook until heated through. Correct the seasoning, stir in the orange juice and serve hot.

MARIN
LES DONS DE COMUS

Mollet Eggs with Haddock

For instructions on cooking and shelling mollet eggs, see the demonstration on pages 24-25. The haddock may be baked or poached until it flakes easily.

	To serve 4	
4	mollet eggs, shelled	4
250 g	cooked haddock, flaked	8 oz
¼ litre	white sauce (*page 167*)	8 fl oz
12.5 cl	single cream	4 fl oz
	salt and pepper	
2	garlic cloves, finely chopped	2
1 tbsp	oil	1 tbsp

Keep the shelled eggs warm in a bowl of hot water. Bring the white sauce to the boil, stir in the cream and boil rapidly for 5 minutes. Season to taste with salt and pepper.

Crush the garlic until smooth with ¼ teaspoon salt, using the blade of a knife. In a saucepan, cook the crushed garlic in the oil for a few minutes, then add the haddock. Beat the mixture over the heat, gradually adding three-quarters of the white sauce; check the seasoning. Turn the haddock mixture into a warm serving dish. Remove the eggs from the water, drain them well, and arrange them on top. Coat the eggs with the remaining sauce and serve with toast or garlic bread.

JOSÉ WILSON (EDITOR)
HOUSE AND GARDEN'S NEW COOK BOOK

Eggs Ibiza

Guisat d'Ous

Sobresada *is a smoked sausage;* butifarra *resembles black pudding. If unobtainable in delicatessens, other coarsely cut fresh or dried sausages may be substituted.*

	To serve 4	
4	eggs, hard-boiled and halved	4
1 tbsp	olive oil	1 tbsp
½	onion, chopped	½
1	tomato, skinned, seeded and chopped	1
125 g	mixed salt pork, *sobresada* and *butifarra,* diced	4 oz
4	potatoes, quartered	4
125 g	shelled broad beans	4 oz
60 g	shelled peas	2 oz
	salt and pepper	
60 g	blanched almonds or pine-nuts, toasted in a 230°C (450°F or Mark 8) oven for 5 minutes	2 oz
1 tsp	marjoram	1 tsp

Heat the oil in a saucepan and fry the onion, tomato and meats for 10 minutes or until the onion is soft. Cover generously with water, bring to the boil and add the potatoes, broad beans and peas. Season with salt and pepper. Cook the mixture over a medium heat until the vegetables are tender and the sauce has thickened, about 20 minutes.

Pound the nuts and marjoram together in a mortar, adding a few spoonfuls of the vegetable and meat sauce to make a smooth paste. Add the eggs and the nut mixture to the sauce and heat through. Allow to settle, off the heat, for a few moments before serving.

LUIS RIPOLL
NUESTRA COCINA: 600 RECETAS DE MALLORCA, MENORCA, IBIZA Y FORMENTERA

Eggs in Onion Sauce

Oeufs à la Tripe

The French title of this dish indicates its similarity in texture to tripe and onions. To give the sauce extra body and colour, two or three raw egg yolks and a tablespoon of chopped parsley may be stirred in just before the sliced eggs are added.

	To serve 6	
12	eggs, hard-boiled and sliced into rounds	12
6	onions, thinly sliced	6
125 g	butter	4 oz
	salt and pepper	
1 tbsp	flour	1 tbsp
¼ litre	single cream or rich milk	8 fl oz

In a saucepan, melt the butter, add the onions, and season them with salt and pepper. Cook over a low heat until the onions are soft and golden, but not browned—8 to 10 minutes. Sprinkle on the flour, and pour in the cream or milk. Turn up the heat to bring the sauce to the boil, then reduce the heat at once and cook, stirring, for 25 to 30 minutes. Add the sliced eggs and heat them briefly in the sauce without allowing the mixture to boil. Serve very hot.

JULES BRETEUIL
LE CUISINIER EUROPÉEN

Hard-Boiled Eggs with Basil and Parmesan Sauce

Oeufs Durs au Pistou

French pistou, *like the Italian* pesto *sauce, must be made from fresh basil. Dried basil will not give the authentic flavour.*

	To serve 4	
4	eggs, hard-boiled	4
4 tbsp	chopped fresh basil	4 tbsp
45 g	Parmesan cheese, grated	1½ oz
3	garlic cloves	3
	salt and pepper	
10 to 15 cl	olive oil	3½ to 5 fl oz

Halve the eggs lengthwise and arrange them on a serving dish. Crush the garlic with ¼ teaspoon of salt in a mortar and add the basil, pounding until you have a smooth paste. Gradually add the cheese and oil alternately until the sauce has the consistency of thick cream. Add pepper and more salt to taste, spoon the sauce over the eggs and allow them to macerate for at least 30 minutes before serving.

NINETTE LYON
LES OEUFS

Hard-Boiled Eggs Sautéed with Herbs

Oeufs à la Négligence

	To serve 4	
8	eggs, hard-boiled and halved	8
4 tbsp	*fines herbes*	4 tbsp
90 g	butter	3 oz
60 g	Welsh or spring onions, thinly sliced	2 oz
	salt and pepper	
	grated nutmeg	
1 tbsp	capers	1 tbsp
1 to 2 tbsp	vinegar	1 to 2 tbsp
30 g	croûtons, fried in butter	1 oz
1 tbsp	chopped parsley	1 tbsp

Melt the butter in a frying pan and add the eggs, herbs, onions, salt and pepper, a pinch of nutmeg, and the capers. Sauté over a high heat for 2 to 3 minutes, until the ingredients are heated through and the onions soft. Pour in the vinegar and allow it to bubble up, then transfer the contents of the pan to a warmed serving dish. Garnish with croûtons and a sprinkling of parsley.

PIERRE DE LUNE
LE NOUVEAU CUISINIER

Eggs Meulemeester

Les Oeufs Meulemeester

For the shrimp tails required in this recipe, boil 250 g (8 oz) of live shrimps for 5 minutes in salted water. Drain and peel them, reserving the meat from the tails.

This recipe from Bruges is several centuries old and is much appreciated in Holland and Flanders.

	To serve 4	
6	eggs	6
75 g	butter	2½ oz
1 tbsp	Dijon mustard	1 tbsp
1 tsp	chopped parsley and chervil	1 tsp
125 g	peeled shrimp tails	4 oz
	salt and pepper	
¼ litre	double cream	8 fl oz
50 g	Gruyère cheese, grated	2 oz

Put the eggs into boiling water, boil them for 7 minutes and plunge them into cold water. Peel them immediately. Melt 50 g (2 oz) of the butter in a saucepan over a low heat, and quickly slice the still-warm eggs into the butter. Add the mustard, parsley and chervil, and shrimp tails, and season with salt and pepper. Add the double cream, and shake the saucepan to amalgamate the ingredients.

Pour this mixture into a buttered gratin dish. Sprinkle the surface with the grated cheese and dot with the remaining butter. Place under the grill or in an oven preheated to 240°C (475°F or Mark 9) for 5 minutes or until the top is browned and bubbling. Serve immediately.

PAUL BOUILLARD
LA CUISINE AU COIN DU FEU

Hard-Boiled Eggs Villemont

Oeufs Durs Villemont

	To serve 4	
8	eggs	8
75 g	butter	2½ oz
300 g	onions, halved and thinly sliced, blanched for 5 minutes if strong-flavoured	10 oz
½	sweet red pepper, cut into thin strips	½
50 g	Swiss chard leaves, coarsely chopped*	2 oz
1½ tbsp	flour	1½ tbsp
10 cl	tepid milk	3½ fl oz
	salt and pepper	
	grated nutmeg	
15 cl	double cream	¼ pint

For the sauce, heat the butter in a sauté pan. Add the onions and pepper and fry gently for 5 minutes, stirring. Cover the pan and sweat the vegetables over a low heat for 15 minutes. Add the chard and cook for 5 minutes without browning. Sprinkle with the flour. Cook for a few moments, stirring. Add the warm milk little by little and stir briskly to ensure that the sauce does not lump. Season with salt, pepper and a pinch of nutmeg. Simmer very gently for 20 minutes. Add the cream, return the sauce to the boil, and adjust the seasoning.

While the sauce is cooking, place the eggs carefully in a sieve and immerse them in a large pan of boiling salted water. Cook them for 9 minutes, then run them under cold water until they are cool enough to be handled. Shell them and place them in a pan of warm, slightly salted, water.

To serve, cut the eggs in half and arrange them in a heatproof dish. Cover with the sauce, reheat for 1 or 2 minutes over a low heat, and serve.

JEAN AND PIERRE TROISGROS
CUISINIERS À ROANNE

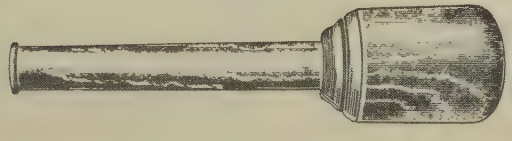
A Fricassy of Eggs: Lady Powis's Receipt

This recipe is from a book subtitled "Secrets of a Seventeenth-Century Housewife", which was recently reissued in a compilation by Madeleine Masson.

	To serve 6	
6	eggs, hard-boiled and thinly sliced	6
6	egg yolks	6
60 g	butter	2 oz
15 cl	red or white wine	¼ pint
1	salt anchovy, soaked, filleted, rinsed, dried and chopped	1
1 tsp	*fines herbes*	1 tsp
1 tsp	grated onion	1 tsp
1 tsp	grated lemon rind	1 tsp
	grated nutmeg	

Put the sliced eggs into a frying pan with the butter and, when they are hot, pour off the butter, and put to them claret or white wine which you like best, all but 1 tablespoon, with the anchovy, herbs, onion and lemon rind. Let all boil up, then have in readiness the egg yolks well beaten with the tablespoon of wine and the grated nutmeg, put into the pan and cook a little to thicken, and serve it up.

REBECCA PRICE
THE COMPLEAT COOK



Gratin of Hard-Boiled Eggs in Creamed Sorrel

Gratin d'Oeufs Durs à la Crème d'Oseille

	To serve 4 to 6	
6	eggs, hard-boiled and halved	6
300 g	sorrel	10 oz
	salt and pepper	
125 g	butter	4 oz
40 g	fresh breadcrumbs	1½ oz
¼ litre	double cream	8 fl oz

If the sorrel is young and tender, cut it into fine shreds and stew it gently, salted, in 40 g (1½ oz) of the butter. If older, plunge the leaves first into boiling water, drain them the moment the water returns to the boil and then stew in 40 g (1½ oz) of butter, stirring regularly, for about 20 minutes or until the liquid has evaporated and the sorrel has melted into a purée. Stir in the cream a little at a time, permitting it to absorb the sorrel and thicken before adding more; grind in some pepper and taste for salt.

While the sorrel is stewing, put the breadcrumbs to cook in the remaining butter over a low heat, stirring or tossing regularly until they are lightly golden.

Butter a gratin dish just large enough to hold the eggs. Arrange the eggs, cut surface up, side by side. Spoon the hot sauce over them, evenly masking all the eggs. Sprinkle the sautéed breadcrumbs regularly over the entire surface, and bake in an oven preheated to 200°C (400°F or Mark 6) for about 15 minutes or until the gratin is well heated through and the surface is lightly browned.

RICHARD OLNEY
SIMPLE FRENCH FOOD

Hard-Boiled Eggs with Green Sauce

Oeufs Durs à la Farce

	To serve 4	
10	eggs, 8 hard-boiled, 2 beaten	10
250 g	sorrel, chopped	8 oz
250 g	Swiss chard leaves, green parts only, chopped	8 oz
250 g	young spinach, chopped	8 oz
100 g	purslane leaves, finely chopped, or other suitable fresh herbs (optional)	3½ oz
2 tbsp	chopped chives	2 tbsp
2 tbsp	chopped parsley	2 tbsp
60 g	butter	2 oz
	salt	
½ tsp	mixed spices	½ tsp

Melt the butter in a frying pan, add the greens and herbs, season with salt and spices and cook over a low heat, stirring occasionally, until the greens are tender and their liquids have been reabsorbed, about 10 to 15 minutes.

Add the yolks of four of the hard-boiled eggs and mix them into the greens, crushing them with a wooden spoon. Off the heat, stir in the beaten eggs and return the mixture to a low heat, stirring, to thicken slightly.

Spread the sauce in a heated serving dish, arrange the remaining hard-boiled eggs, halved or quartered, on the sauce, and scatter over the leftover hard-boiled egg whites, chopped or finely sliced. Serve hot.

NICOLAS DE BONNEFONS
LES DÉLICES DE LA CAMPAGNE

New England Egg Chowder

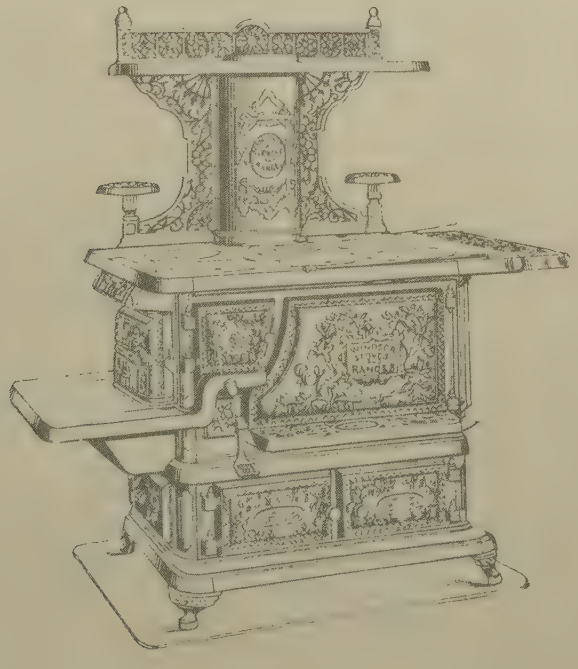
To serve 4

4	eggs, hard-boiled, sliced	4
90 g	cream cracker or plain biscuit crumbs, coarsely crushed	3 oz
150 g	sweet green pepper, diced	5 oz
150 g	boiled salt pork or green bacon, diced	5 oz
175 g	onions, chopped	6 oz
225 g	mild cheese, grated	7½ oz
½ tsp	salt	½ tsp
¼ tsp	pepper	¼ tsp
60 cl	single cream	1 pint

Spread a layer of cracker crumbs on the bottom of a buttered 2 litre (3½ pint) casserole, then put in a layer of egg slices. Cover with a layer of green pepper, pork or bacon, onion and cheese; dust with salt and pepper. Add alternate layers of the cracker crumbs, eggs, and the cheese-pork-onion-green pepper mix; dust each layer with salt and pepper.

Top with a final layer of cracker crumbs and pour the cream into the casserole; it should just cover the top layer of cracker crumbs. Bake for 20 to 30 minutes in an oven preheated to 170°C (325°F or Mark 3), until the top of the chowder is beginning to brown. Serve hot.

MEL MARSHALL
THE DELECTABLE EGG AND HOW TO COOK IT



Swiss Egg Casserole

To serve 6

12	eggs, 6 hard-boiled and sliced, 6 lightly beaten	12
	salt and pepper	
60 g	fresh breadcrumbs	2 oz
4	tomatoes, skinned, seeded and sliced	4
4	salt anchovies, soaked, filleted, rinsed, dried, and finely chopped	4
1 tsp	chopped or dried basil	1 tsp
50 g	spring onions, chopped	2 oz
30 g	parsley, chopped	1 oz
½ litre	single cream	16 fl oz
¼ tsp	grated nutmeg	¼ tsp

Butter a casserole. Place a layer of hard-boiled egg slices on the bottom. Season with salt and pepper. Sprinkle with some breadcrumbs. Cover with a layer of tomatoes. Sprinkle with anchovies, basil, salt and pepper, spring onions and parsley. Continue making layers until the ingredients are used up.

Add the cream and nutmeg to the beaten eggs. Pour this mixture into the casserole. Bake in a pan of water in an oven preheated to 180°C (350°F or Mark 4) for about 40 minutes or until the custard is firm. Serve hot.

PAULA PECK
THE ART OF GOOD COOKING

Eggs Marie-Louise

Oeufs Marie-Louise

To serve 4

6	eggs, hard-boiled and sliced into rounds	6
2	potatoes, boiled, peeled and thinly sliced while still hot	2
½	celeriac, diced and steamed until tender	½
½ litre	white sauce (*page 167*)	16 fl oz
30 g	Gruyère cheese, grated	1 oz
2 tbsp	dry breadcrumbs	2 tbsp

Carefully mix the egg slices, potato slices and celeriac into the white sauce. Turn the mixture into a gratin dish, sprinkle with the cheese and breadcrumbs and bake in an oven preheated to 200°C (400°F or Mark 6) for 20 minutes or under a hot grill until golden and bubbling.

ÉDOUARD M. NIGNON (EDITOR)
LE LIVRE DE CUISINE DE L'OUEST-ÉCLAIR

Gratin of Chopped Eggs

Oeufs au Gratin

To serve 4

7	eggs, 6 hard-boiled and chopped, 1 lightly beaten	7
1 tbsp	chopped parsley	1 tbsp
1	garlic clove, crushed	1
	salt and pepper	
¼ litre	white sauce (*page 167*), cooled	8 fl oz
30 g	butter	1 oz
30 g	dry breadcrumbs	1 oz
2 tbsp	olive oil	2 tbsp

Mix the chopped eggs with the parsley and garlic; season with salt and pepper. Stir the beaten egg into the white sauce, and mix the sauce with the chopped eggs.

Turn the mixture into a shallow, buttered, ovenproof dish. Dot the top with the butter, and sprinkle with the breadcrumbs. Bake in an oven preheated to 180°C (350°F or Mark 4) for 20 minutes or until the mixture is firm but not dried out. Before serving, sprinkle the top with the oil.

E. AURICOSTE DE LAZARQUE
CUISINE MESSINE

Hard-Boiled Eggs with Potatoes and Shallots

Oeufs Durs aux Pommes de Terre et aux Échalotes

To serve 4

5	eggs	5
500 g	potatoes	1 lb
3	shallots, finely chopped	3
100 g	butter	3½ oz
	salt and pepper	
3 tbsp	wine vinegar	3 tbsp

Steam or boil the potatoes in their skins until just tender. Hard boil the eggs. Plunge them into cold water, then shell them and put them into hot water to keep warm.

Preheat the oven to 150°C (300°F or Mark 2). Melt 30 g (1 oz) of the butter in a frying pan over a medium heat. Add the shallots, cover and cook gently until soft and golden, about 10 minutes. Meanwhile, peel the potatoes and slice them 1 cm (½ inch) thick. Slice the eggs the same way. Arrange the egg and potato slices alternately in a shallow, ovenproof serving dish. Cover the dish with foil, and keep hot in the oven.

When the shallots are done, sprinkle them over the eggs and potatoes. Season with salt and pepper. In the same frying pan, cook the remaining butter until it is nut-brown, and pour it over the dish. Return the frying pan to a high heat, add the wine vinegar and bring it to the boil. Pour it over the dish and serve immediately.

MARTINE JOLLY
RÉUSSIR VOTRE CUISINE

Egg and Spinach Casserole

Oeufs Durs aux Épinards

To serve 4

4	eggs, hard-boiled and sliced into rounds	4
500 g	spinach, blanched and chopped	1 lb
500 g	potatoes, boiled and mashed	1 lb
10 cl	milk	3½ fl oz
90 g	butter	3 oz
	salt and pepper	
	grated nutmeg	
200 g	goat cheese, diced	7 oz
	dry breadcrumbs	
	Egg sauce	
50 g	butter	2 oz
30 g	flour	1 oz
30 cl	water	½ pint
2	egg yolks	2

To make the sauce, melt the butter and stir in the flour. Gradually add the water and cook until the sauce is smooth and thickened. Off the heat, stir in the egg yolks.

Beat the mashed potatoes with the milk, 60 g (2 oz) of the butter, and the salt, pepper and nutmeg until the mixture is smooth. Spread the potato mixture in a buttered gratin dish. Sprinkle the cheese over the potatoes, then make a layer of the spinach. Arrange the egg slices on top, and pour on the sauce. Sprinkle with breadcrumbs and dot with the remaining butter. Bake in an oven preheated to 180°C (350°F or Mark 4) for 30 minutes or until browned and bubbling.

JEHANNE JEAN-CHARLES
LE LEXIQUE DES BONS PETITS PLATS

Egg Croquettes with Bacon

To serve 2

5	eggs, 4 hard-boiled and chopped, 1 beaten	5
60 g	cooked ham or grilled bacon, chopped (optional)	2 oz
30 g	butter	1 oz
60 g	flour	2 oz
15 cl	milk	¼ pint
	salt and pepper	
30 g	dry breadcrumbs	1 oz
	fat for deep frying	

Melt the butter in a saucepan, add 30 g (1 oz) of the flour, then add the milk by degrees and cook for 5 to 10 minutes or until the sauce is thick. Add the chopped, hard-boiled eggs and the ham or bacon, if liked. Season to taste. Allow to cool, and form into shapes like small rolls.

Dip the croquettes first in the remaining flour, then the beaten egg and last the breadcrumbs, and fry them in hot deep fat for 2 minutes or until the croquettes are golden-brown. Serve with mixed vegetables.

SHIRLEY M. HANSON (EDITOR)
FOOD FOR THOUGHT

Old-Fashioned Egg Pie

Tourte d'Oeufs à l'Ancienne

To serve 4 to 6

6	eggs, hard-boiled and sliced	6
500 g	rough-puff dough (*page 166*)	1 lb
200 g	mushrooms, sliced and sautéed in 40 g (1½ oz) butter	7 oz
	salt and white pepper	
30 cl	white sauce (*page 167*)	½ pint
1	egg yolk, beaten	1

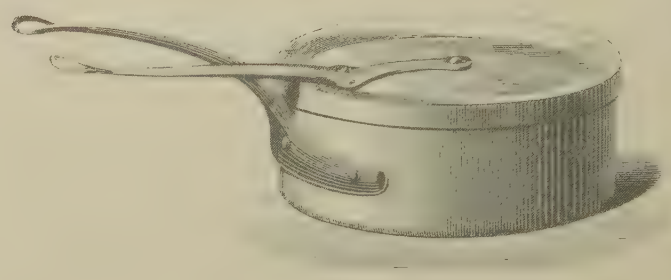
Crêpe batter

40 g	flour	1½ oz
	salt	
1	egg, beaten	1
12.5 cl	milk or water	4 fl oz
30 g	butter, melted	1 oz

To make the crêpes, put the flour in a mixing bowl with a pinch of salt. Add the egg, the milk or water, and finally the melted butter, whisking to blend thoroughly. Heat a lightly greased frying pan and pour in half of the crêpe batter, swirling it around the base of the pan to make a large crêpe. Cook for about 2 minutes on each side until golden-brown, then make a second crêpe with the remaining batter.

Roll out the rough-puff dough in two rounds and use one to line a 25 cm (10 inch) tart tin or pie plate. Place a crêpe in the lined tin. Mix the eggs, mushrooms, salt and pepper, and white sauce, and fill the pie with this mixture. Cover with the second crêpe, then with the second round of dough, sealing the edges well. Brush the top with the egg yolk, score decoratively with a fork, and bake in an oven preheated to 220°C (425°F or Mark 7) until the pastry is golden and crusty, about 40 minutes. Serve bubbling hot.

ÉDOUARD M. NIGNON (EDITOR)
LE LIVRE DE CUISINE DE L'OUEST-ÉCLAIR



Egg Pie

Pâté aux Oeufs

To serve 4

6	eggs, 5 hard-boiled, 1 beaten	6
500 g	potatoes, boiled and mashed	1 lb
30 g	butter	1 oz
4 tbsp	double cream	4 tbsp
	salt and pepper	
	grated nutmeg	
2 tbsp	chopped parsley	2 tbsp
15 cl	white sauce (*page 167*)	¼ pint

Shell the hard-boiled eggs and cut them into slices not too thin. Mix the potatoes with the butter and cream. Season well with salt, pepper and a very little nutmeg.

Line the bottom of a buttered pie dish with some of the potato mixture, then make a layer of sliced eggs. Scatter over some parsley and cover with a little white sauce. Continue these layers until the eggs are used up. Let the last layer be a coating of sauce, and cover the top with mashed potatoes, smooth this over carefully with a wetted knife and mark a neat pattern on top with a fork or the point of a knife; brush over with the beaten egg and bake in an oven preheated to 180°C (350°F or Mark 4) for about 30 minutes.

C. HERMAN SENN
HOW TO COOK EGGS AND OMELETS IN 300 DIFFERENT WAYS

Dot Heart Eggs

Any number of servings can be boiled at the same time as this Chinese way of boiling eggs enables them to be kept, if necessary without refrigeration, for a day or two. In the tropics, I have found it better to immerse them in fresh water and keep them in the refrigerator as they become rather too salty with keeping. The eggs can be eaten for breakfast, taken on picnics or used for snacks, known as a "dot heart", or hunger appeaser. The eggs are almost soft-centred again after this prolonged boiling.

To serve 12

12	eggs	12
1½ tsp	salt	1½ tsp
2 tsp	tea leaves	2 tsp
1	tangerine, thinly pared rind only	1

In a heavy saucepan, boil the eggs in water for 1 hour. Drain them, immerse in cold water to cool, then tap gently to crack the shells, but do not peel them. Return the eggs to the saucepan with fresh water just to cover, bring to the boil and add the salt, tea and tangerine rind. Simmer over a very low heat for a further 2 hours. Remove the saucepan from the heat, but leave the eggs in the water in which they boiled the second time. Serve hot or cold.

MARY SLATER
CARIBBEAN COOKING FOR PLEASURE

Eggs in Caul

Oeufs en Crépines, à ce que l'on veut

In place of the stewed onions, you may use any other diced cooked vegetables or meats, their cooking juices reduced and thickened. Serve the dish with a sauce of your choice.

To serve 4

4	eggs, poached	4
4	pieces of pig's caul, about 15 cm (6 inches) square	4
75 g	butter	2½ oz
250 g	onions, chopped	8 oz
2	salt anchovies, soaked, filleted, rinsed, dried and chopped	2
3	egg yolks	3
3 tbsp	double cream	3 tbsp
	salt and pepper	

Melt the butter, add the onions, and cook over a very low heat until they are soft but not coloured, about 30 minutes. Stir in the chopped anchovies. Beat together the egg yolks and double cream and, off the heat, stir them into the onion mixture. Return to a low heat and cook, stirring, until well thickened. Season to taste with salt and pepper.

Trim any ragged edges from the poached eggs. Place a spoonful of the onion mixture on each piece of caul, make a hollow in the mixture with the back of the spoon, and slip a poached egg upside down into each hollow. Mound the remaining mixture round the eggs, and wrap the edges of the caul over the top to seal. Turn the packages over on to a baking sheet so that the seam sides are underneath, and bake in an oven preheated to 220°C (425°F or Mark 7) for about 10 minutes or until the caul is golden on top.

MENON
LES SOUPERS DE LA COUR

Eggs in a Greatcoat

Uova in Surtout

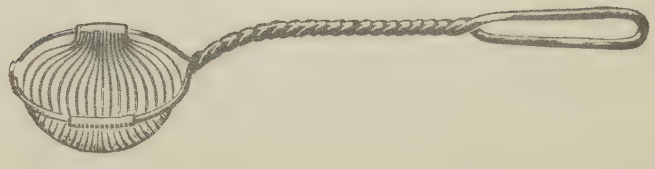
To serve 6

13	eggs, 7 hard-boiled and quartered, 6 beaten	13
125 g	butter	4 oz
2 tbsp	chopped parsley	2 tbsp
2 tbsp	chopped spring onion	2 tbsp
125 g	mushrooms, chopped	4 oz
1 tbsp	finely cut chives	1 tbsp
1 tbsp	flour	1 tbsp
¼ litre	milk	8 fl oz
	salt and freshly ground pepper	
30 g	dry breadcrumbs	1 oz

Melt 30 g (1 oz) of the butter in a saucepan over a low heat. Put in the parsley, spring onion, mushrooms and chives, and cook over a low heat until the vegetables are soft. Mix the flour with the milk and stir them into the pan. Season with salt and pepper. Bring the sauce to the boil and stir it until it thickens, about 5 minutes. Add the egg quarters, cook for a moment, and then arrange the eggs and sauce in a heated, shallow serving dish, 20 cm (8 inches) in diameter.

Heat 30 g (1 oz) of the butter in a frying pan, pour in the beaten eggs, and cook until this omelette is set, turning it to brown both sides lightly. Place the omelette over the eggs and sauce so that sauce and eggs are completely hidden. Melt the remaining butter and brush a little of it over the top of the omelette. Sprinkle with the breadcrumbs, pour on the rest of the butter, and put the dish under a preheated grill for 1 to 2 minutes to brown the crumbs.

IL CUOCO PIEMONTESE RIDOTTO ALL'ULTIMO GUSTO



Egg Mould with Rémoulade Sauce

Pain d'Oeufs, Sauce Rémoulade

This dish can be prepared well in advance, since it is eaten cold. All that remains to be done just before the meal is to make the *rémoulade* sauce.

	To serve 4	
6 to 8	eggs	6 to 8
15 g	butter, melted	½ oz
	salt	
	Rémoulade sauce	
2	egg yolks	2
	salt	
15 cl	olive oil	¼ pint
	lemon juice	
1	shallot, finely chopped	1
1 tbsp	chopped parsley	1 tbsp
1 tbsp	chopped chervil	1 tbsp
2 tsp	chopped tarragon	2 tsp
5	capers, chopped	5
1 or 2	anchovy fillets, chopped	1 or 2
	white pepper	
½ tsp	Dijon mustard	½ tsp

Butter a small soufflé dish; to do this more easily, pour a little melted butter into the bottom and allow it to cool; then butter the sides of the mould with a knife. Break into the dish enough eggs to fill it almost to the rim, though not more than eight eggs. Take care to prevent the yolks from breaking. Sprinkle each egg with a little salt. When the dish is full, place it in an oven preheated to 180°C (350°F or Mark 4), in a pan of hot water if you wish, for 20 minutes or until the mass of eggs has set completely. Turn the eggs out on to a small dish and keep in a cool place. Fifteen minutes before serving, prepare the sauce. Place the egg yolks in a mortar with a pinch of salt, and stir with a pestle, turning always in the same direction. Pour in the olive oil, drop by drop, until the sauce is quite thick and firm and comes away from the sides of the mortar. Continuing to stir, add a few drops of lemon juice. Finish the sauce by stirring in the shallot, herbs, capers and anchovies, white pepper and mustard. To serve, cover the egg mould with a thick layer of the sauce.

MME. JEANNE SAVARIN (EDITOR)
LA CUISINE DES FAMILLES

Doctor's Eggs

Oeufs du Docteur

	To serve 6	
6	eggs	6
250 g	rough-puff dough (*page 166*)	8 oz
30 g	butter	1 oz
4	shallots, very finely chopped	4
75 g	mushrooms, chopped	2½ oz
4	lettuce leaves, shredded	4
8 cl	dry white wine	3 fl oz
17.5 cl	veal stock (*page 165*), boiled until syrupy and reduced to 4 tbsp	6 fl oz
20 cl	double cream	7 fl oz
1 tbsp	chopped chervil	1 tbsp
1 tbsp	chopped tarragon	1 tbsp

Roll out the dough to form an oval, using the trimmings to make a border round the edge. Place it on a floured baking sheet and bake it in an oven preheated to 200°C (400°F or Mark 6) until it is puffed and golden, about 15 to 20 minutes. Transfer the pastry to a large serving dish, and keep warm.

Heat the butter and cook the shallots in it until they are soft but not brown. Add the mushrooms and the shredded lettuce leaves. Moisten with the wine, then cook the mixture over a medium heat until the liquid is reduced by half. Add the reduced stock and the cream, and continue cooking until the sauce is lightly thickened.

Poach the eggs in a saucepan of simmering water, drain them, and arrange them on the pastry shell. Add the chervil and tarragon to the sauce and cover the eggs with it.

70 MÉDECINS DE FRANCE
LE TRÉSOR DE LA CUISINE DU BASSIN MÉDITERRANÉEN

Beaten Eggs

Scrambled Eggs with Cheese and Wine

La Fondue

To serve 4

6	eggs	6
60 g	Gruyère cheese, grated	2 oz
20 cl	white wine	7 fl oz
1	garlic clove, chopped	1
60 g	butter, softened	2 oz
	salt and pepper	

Put the wine and garlic in a saucepan and boil until the garlic is soft and the wine reduced by half, about 15 minutes. Strain the liquid and let it cool.

Beat the eggs with the cheese, butter, reduced wine, and salt and pepper to taste. Cook the mixture over a low heat, stirring it continuously with a fork. When the eggs begin to set, remove the pan from the heat and continue to stir for 2 minutes or until the eggs are set.

MENUS PROPOS SUR LA CUISINE COMTOISE

Belley Fondue

La Fondue de Belley

Belley is in the French Alps, near the Swiss border. The truffle peelings may be chopped and used to flavour another dish.

To serve 4 to 6

8 to 10	eggs, yolks separated from whites	8 to 10
60 g	fresh black truffles, peeled and finely diced	2 oz
125 g	butter	4 oz
	salt and pepper	
150 g	Gruyère cheese, grated	5 oz
15 cl	meat or poultry roasting juices, degreased	¼ pint
1 tbsp	verjuice (unripe grape juice) or a few drops of lemon juice (optional)	1 tbsp

Stirring constantly, sauté the truffles in 30 g (1 oz) of the butter over a high heat for 5 minutes. Season with salt and pepper. Reserve the truffles and their juices on a plate.

Beat the egg yolks and whites separately. When the whites are foamy, stir in the yolks little by little; season with salt. Cut the remaining butter into thin strips and add three-quarters of it to the eggs, with the cheese and the truffles.

Pour 10 cl (3½ fl oz) of the roasting juices into a heavy saucepan or an earthenware casserole, and place over a low heat. When the liquid comes to the boil, add the egg and cheese mixture and whisk gently. When the mixture starts to thicken, remove the pan from the heat and continue to whisk until a smooth cream is obtained. Stir in the rest of the roasting juices, and whisk in the remaining butter.

Return the dish to the heat to thicken slightly if necessary. The fondue must remain creamy. Add pepper and serve immediately, adding the verjuice or lemon juice if desired. This fondue is eaten like scrambled eggs, with a fork.

LUCIEN TENDRET
LA TABLE AU PAYS DE BRILLAT-SAVARIN

Eggs Scrambled with Cream

Oeufs Brouillés à la Crème

To serve 6

8	egg yolks, lightly beaten	8
2	egg whites, lightly beaten	2
30 cl	double cream	½ pint
60 g	butter	2 oz
3 or 4	mushrooms, coarsely chopped	3 or 4
1	bouquet garni	1
1	thin slice ham, slivered	1
60 g	stewing veal, diced	2 oz
15 cl	veal stock (*page 165*)	5 fl oz
2 or 3 tbsp	veal or other meat roasting juices, degreased (optional)	2 or 3 tbsp
	salt and pepper	
	grated nutmeg	
	croûtons	

Over a low heat, melt 15 g (½ oz) of butter and sauté the mushrooms, bouquet garni, ham and veal until all the meat is well browned. Add the stock, let it boil until nearly reduced to syrup, then add the cream and simmer, stirring often, until the liquid is reduced by about half.

Pass the mixture through a sieve, pressing firmly to extract all flavour from the residue. Gradually stir into this sauce the roasting juices, egg yolks and whites. Season to taste with salt, pepper and grated nutmeg. Stirring all the time, cook the mixture in the top of a double saucepan over simmering water until the eggs are set but still creamy and soft. Serve garnished with the croûtons.

MARIN
LES DONS DE COMUS

Francis Picabia's Eggs

Oeufs Francis Picabia

To serve 4

8	eggs, mixed well with a fork	8
	salt	
250 g	butter, in small pieces	8 oz

Add salt, but no pepper, to the eggs. Pour them into a saucepan —yes, a saucepan, no, not a frying pan. Put the saucepan over a very, very low heat. Keep turning them with a fork while very slowly adding the pieces of butter. It should take 30 minutes to prepare this dish, which does not scramble but thickens to a suave consistency.

ALICE B. TOKLAS
THE ALICE B. TOKLAS COOK BOOK

Eggs with Cheese

Oeufs au Fromage

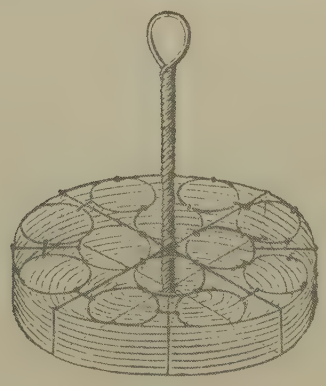
To serve 4

6	eggs, beaten	6
150 g	Gruyère cheese, grated	5 oz
30 g	butter	1 oz
	salt and pepper	
1½ tbsp	chopped parsley	1½ tbsp
2 tbsp	chopped chives	2 tbsp
15 cl	white wine	¼ pint
4 tbsp	fried breadcrumbs or croûtons	4 tbsp

Put together in a saucepan the grated cheese, butter, salt and pepper, parsley, chives and wine. Cook gently, stirring, until the cheese has melted.

Add the eggs, stirring continually over a low heat until the mixture becomes thick and creamy. Transfer it to a serving dish and garnish with the breadcrumbs or croûtons.

NOUVEAU MANUEL DE LA CUISINÈRE BOURGEOISE ET ÉCONOMIQUE



Eggs with Tomme de Savoie

Uovi al Formaggio

In Italy tomme de Savoie *is also known as* toma di Savoia. Stracchino *is one of a number of suitable alternatives.*

To serve 3

6	eggs, beaten	6
125 g	*tomme de Savoie*, coarsely grated	4 oz
15 g	butter	½ oz
1 tbsp	chopped parsley	1 tbsp
2 tbsp	chopped spring onion	2 tbsp
	grated nutmeg	
8 cl	white wine	3 fl oz
3	slices white bread, crusts removed, cut in strips	3

Put the cheese, butter, parsley, spring onion, a pinch of nutmeg and the wine in a saucepan. Simmer over a low heat, stirring continuously, until the cheese has melted. Add the eggs, mix well, and continue to cook over a low heat until the eggs are just set. Pour the mixture into a warmed serving dish and arrange the strips of soft bread around the edge.

IL CUOCO PIEMONTESE RIDOTTO ALL'ULTIMO GUSTO

Swiss Eggs

Oeufs à la Bonne Suisse

To serve 4 to 6

6	eggs, yolks separated from whites, whites stiffly beaten	6
60 g	butter	2 oz
¼ litre	white wine	8 fl oz
2 tbsp	chopped parsley	2 tbsp
2 tbsp	chopped spring onions	2 tbsp
	pepper	
	grated nutmeg	
250 g	Gruyère cheese, grated	8 oz
90 g	bread strips, fried in butter until golden	3 oz

Put the cheese, butter, wine, parsley, spring onions, pepper and nutmeg into a saucepan. Stir over a low heat until the cheese has melted. Add the egg yolks and whites, and cook them as you would scrambled eggs.

Transfer the eggs to a serving dish and garnish them with the strips of fried bread. Serve hot.

LE MANUEL DE LA FRIANDISE

Eggs Scrambled with Tomato and Basil

Brouillade de Tomates au Basilic

	To serve 4	
8 to 10	eggs, beaten	8 to 10
3 to 4	tomatoes, skinned, seeded and coarsely chopped	3 to 4
4 tbsp	fresh basil leaves and flowers	4 tbsp
	salt and pepper	
3 or 4	garlic cloves, crushed	3 or 4
1	bouquet garni of bay leaf, thyme and celery stick, or a pinch of crumbled mixed herbs	1
½ tsp	sugar	½ tsp
4 tbsp	olive oil	4 tbsp
60 g	butter, cut into small pieces	2 oz

Cook the tomatoes, salted, with the garlic, bouquet garni or mixed herbs and sugar in the olive oil over a low heat, tossing the mixture from time to time until the free liquid is evaporated and the tomatoes seem only to be coated with oil. Discard the garlic and the bouquet garni.

Add the butter to the eggs, season to taste, beat the mixture lightly with a fork and, with a wooden spoon, stir it into the tomato mixture, keeping it over a low heat and continuing to stir constantly. When the eggs begin to thicken, add the basil, chopped at the last minute to avoid it blackening. Remove from the heat just before the desired consistency is achieved and continue stirring.

RICHARD OLNEY
SIMPLE FRENCH FOOD

Scrambled Eggs with Tomato Sauce

Oeufs Brouillés Sauce Tomate

Brocciu *is a Corsican sheep's milk cheese that becomes dry and hard enough to grate when left to age. It is known as* brousse *in mainland France.*

	To serve 2	
4	eggs, beaten	4
12.5 cl	tomato sauce (*page 167*)	4 fl oz
30 g	dry *brocciu*, grated	1 oz

Beat the eggs well into the tomato sauce. Over a high heat, scramble the mixture for a minute or so, until the eggs are just set. Sprinkle with the grated cheese before serving.

MARIA NUNZIA FILIPPINI
LA CUISINE CORSE

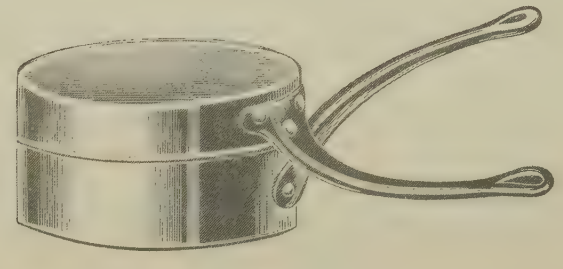
Scrambled Eggs with Mustard

Oeufs à la Robert

	To serve 4	
8	eggs, beaten	8
1 to 2 tsp	Dijon mustard	1 to 2 tsp
60 g	butter	2 oz
1	onion, chopped	1
4 tbsp	degreased meat roasting juices, or reduced meat stock (*page 165*)	4 tbsp
	salt and pepper	

Melt 15 g (½ oz) of the butter and gently cook the onion in it until soft. Dice the remaining butter and add it to the eggs with the meat juices, salt and pepper, and the onion. Pour the mixture into a heavy saucepan and cook over a very low heat, stirring all the time with a wooden spoon, until the eggs are scrambled to a creamy consistency. When the eggs are almost ready, stir in mustard to taste.

MENON
LES SOUPERS DE LA COUR



Scrambled Eggs Basque-Style

Revuelto de Huevos a la Vasca

	To serve 4	
6	eggs, lightly beaten	6
6 tbsp	oil	6 tbsp
100 g	bacon, cut into squares	3½ oz
250 g	tomatoes, skinned, seeded and sliced	8 oz
2	sweet green peppers, grilled until the skin blackens and blisters, peeled, seeded and sliced	2
	salt and pepper	
3 tbsp	fresh breadcrumbs	3 tbsp

Heat the oil in a frying pan; add the bacon and cook it to brown it a little. Add the tomatoes and peppers and cook over a low heat until the tomatoes are soft. Season with salt and pepper, and add the breadcrumbs and eggs. Continue cooking until the eggs are set. Serve at once.

ANA-MARÍA CALERA
365 RECETAS DE COCINA VASCA

Scrambled Eggs with Aubergines

Rántotta Törökparadicsommal

This Bulgarian-influenced dish is still part of the everyday repertoire in southern Hungary. Sometimes it is made with onion and tomato purée, without garlic and dill.

	To serve 10	
10	eggs, lightly beaten	10
2 or 3	aubergines, diced	2 or 3
60 g	butter	2 oz
1	garlic clove, crushed	1
1 tsp	finely chopped dill	1 tsp
	ground mace	
	salt and pepper	

Melt the butter in a pan and sauté the aubergines. When they are soft, add the garlic and cook for a few minutes more. Sprinkle with the dill and a pinch each of mace and pepper. Add salt to taste to the eggs. Pour the eggs over the aubergines in the pan and cook the mixture over a low heat, stirring continuously, until the eggs are scrambled.

GEORGE LANG
THE CUISINE OF HUNGARY

Eggs in Stewed Vegetables

Chachoucka

A spicy dish from Africa. Sometimes okra (lady's fingers) is added to the other vegetables.

	To serve 4	
8	eggs	8
250 g	onions, sliced	8 oz
8 cl	olive oil	3 fl oz
250 g	sweet green or red peppers, grilled, skinned, seeded and cut into small pieces	8 oz
250 g	tomatoes, skinned and chopped	8 oz
	salt and pepper	

Cook the onions in hot olive oil in a fireproof dish until they are soft. Add the peppers and, after 5 minutes, the tomatoes. Season with salt and pepper and cook slowly for about 15 minutes or until the mixture is almost reduced to a pulp. Push the vegetables to the sides of the dish. Beat the eggs, pour them into the centre, and scramble them until cooked; or break them in whole, and cook until the whites are set.

X. M. BOULESTIN AND A. H. ADAIR
SAVOURIES AND HORS D'OEUVRE

Scrambled Eggs with Dandelion

Dandelion is not only good as a salad, but also delicious cooked and used with eggs. The hearts only are used; all the coarser, big leaves should be removed and only a small portion of the root—carefully scraped—left, just enough to keep the small leaves together. They should be well washed, then well dried.

	To serve 4	
8	eggs, beaten with salt and pepper	8
8	dandelion hearts, chopped	8
60 g	butter	2 oz

Melt the butter in a saucepan over a low heat. Stir in the chopped dandelion hearts and cook them until they begin to wilt. Stir in the beaten eggs, and continue to cook and stir until they are scrambled.

MARCEL BOULESTIN AND ROBIN ADAIR
ONE HUNDRED AND TWENTY WAYS OF COOKING EGGS

Eggs with Late Summer Vegetables Bilbao-Style

Pisto a la Bilbaína

	To serve 4	
4	eggs, beaten	4
10 cl	oil	3½ fl oz
1	onion, thinly sliced	1
500 g	courgettes, peeled and cubed	1 lb
3	ripe tomatoes, skinned and mashed	3
100 g	cooked ham, cut into very small pieces	3½ oz
2	garlic cloves, thinly sliced	2
2	sweet green peppers, grilled until the skin blackens and blisters, peeled, seeded and cut into pieces	2
	salt	
4	bread slices, cut into triangles and fried in oil or butter until golden (optional)	4

Heat the oil in a heavy pan. First sauté the onion until the slices are soft, then add the courgettes and cook them slowly, covered, for about 5 minutes.

Add the tomatoes, ham, garlic and peppers, season with salt to taste, bearing in mind that the ham may be salty, and cook, covered, until the courgettes are just tender.

Just before serving, add the eggs to the vegetables, and stir until the eggs are set. Serve in a warmed dish, garnished with triangles of fried bread.

ANA-MARÍA CALERA
365 RECETAS DE COCINA VASCA

Scrambled Eggs with Asparagus and Crayfish

Oeufs Brouillés Panachés

To prepare the crayfish tails for this recipe, poach 250 g (8 oz) of live crayfish in a court-bouillon (recipe, page 167) for 10 minutes, drain them, then peel the tails and cut them crosswise to make small rounds.

	To serve 4	
6	eggs	6
90 g	asparagus tips, sautéed in butter	3 oz
125 g	cooked crayfish tails, sliced into rounds	4 oz
100 g	butter, diced	3½ oz
2 to 3 tbsp	double cream or *crème fraîche*	2 to 3 tbsp
	salt and pepper	

Break the eggs into a buttered sauté pan, and add the diced butter and the cream. Season with salt and pepper. Over a low heat, cook the eggs, stirring them with a wooden spoon without beating them. When they begin to set, remove the pan from the heat and continue to stir the eggs until they have thickened but are still creamy. Carefully stir in the asparagus tips and the crayfish rounds.

Turn the scrambled egg mixture into a warmed serving dish, and decorate it, if desired, with a few reserved asparagus tips and crayfish rounds.

MME. JEANNE SAVARIN (EDITOR)
LA CUISINE DES FAMILLES

Satchel Eggs

This dish may be served with any hot, well-flavoured sauce, such as a tomato or velouté sauce (page 167).

	To serve 4	
6	eggs, beaten with salt and pepper	6
1	small French loaf or 4 crusty rolls, split lengthwise, soft centre removed	1
90 g	butter	3 oz
60 g	ham, chopped	2 oz
60 g	mushrooms, chopped	2 oz
40 g	Gruyère cheese, grated	1½ oz

Butter the insides of the bread crusts with 60 g (2 oz) of the butter. Put them in an oven preheated to 200°C (400°F or Mark 6) for about 6 to 8 minutes or until lightly browned.

Mix the eggs with the ham and mushrooms. Melt the remaining butter in a saucepan and lightly scramble the egg mixture in it. Pile the eggs in one half of the split loaf, top with the grated cheese, and brown in the oven preheated to 230°C (450°F or Mark 8) for about 5 minutes or until the cheese has melted and browned on top.

Put the empty half-crust on top and serve immediately with a sauce on the side.

MARGARET SHERMAN
THE WINE AND FOOD SOCIETY'S GUIDE TO EGGS

Scrambles with Wild Rice

	To serve 4 to 6	
8	eggs	8
60 g	wild rice, boiled until tender and drained	2 oz
40 g	celery, chopped	1½ oz
40 g	sweet green pepper, chopped	1½ oz
30 g	butter	1 oz
12.5 cl	single cream	4 fl oz
	salt and pepper	

Sauté the celery and the sweet green pepper in the butter in a large frying pan set over a medium heat. Lightly beat the eggs with the cream; stir in the wild rice. Pour the egg, cream and rice mixture on to the sautéed vegetables in the frying pan and scramble until the eggs are set but still soft. Season with salt and pepper, and serve.

BETH ANDERSON
WILD RICE FOR ALL SEASONS COOKBOOK

Toasted Omelette

To serve 2

4	eggs, beaten until frothy	4
1	large onion, finely chopped	1
2 tbsp	chopped coriander leaves	2 tbsp
2	fresh green chili peppers, seeded and finely chopped	2
	salt	
4	slices bread, crusts removed	4
8 cl	oil	3 fl oz

Mix the eggs with the onion, coriander, chili peppers, and salt to taste. Soak the bread in this mixture for about 5 minutes until it is slightly soft. Heat the oil in a large frying pan and fry the bread. Distribute the remaining egg mixture equally on top of the slices. Fry the bread until golden-brown on both sides. Serve immediately.

PREMILA LAL
THE EGG AND CHEESE COOK-BOOK

Sorrel Omelette

Omelette à l'Oseille

This is the real sorrel omelette as it is done in that southern part of France where food is of the best. No omelette done with cooked sorrel can compare with it.

To serve 2

4	eggs, beaten with salt and pepper	4
100 g	fresh young sorrel leaves, stalks and middle ribs removed, finely cut with a knife	3½ oz
½	garlic clove, chopped	½
1 tbsp	chopped chervil	1 tbsp
30 g	butter	1 oz

Mix the sorrel with your eggs, and add the garlic and chervil. Melt the butter in an omelette pan. Pour in the eggs and allow them to set. The omelette should be made rather thick so that, the inside being less cooked, the sorrel which is there remains almost raw. This gives the omelette a peculiar acid taste, extremely pleasant and fresh.

X. MARCEL BOULESTIN
SIMPLE FRENCH COOKING FOR ENGLISH HOMES

Savoury Egg Cream on Toast

Crème aux Oeufs sur Croûtes

To serve 4

4	eggs, yolks separated from whites, whites stiffly beaten	4
30 g	butter	1 oz
15 g	flour	½ oz
15 cl	double cream	¼ pint
8 cl	milk	3 fl oz
	salt and pepper	
	cayenne pepper	
1 tsp	chopped mixed parsley, tarragon and chervil	1 tsp
4	slices bread, toasted	4

Melt the butter in a saucepan, add the flour and let it cook a little. Stir in the cream and milk and simmer, stirring constantly, until the mixture thickens—about 10 minutes—taking care that it does not burn or curdle.

Mix the egg yolks with the sauce, and season it with salt, pepper and cayenne. Fold in the egg whites with the herbs. Put the mixture on to the slices of toast, heaping it up; smooth over with the blade of a knife. Put into an oven preheated to 220°C (425°F or Mark 7) until of a golden colour—about 10 minutes—dish up, and serve quickly.

C. HERMAN SENN
HOW TO COOK EGGS AND OMELETS IN 300 DIFFERENT WAYS

Sorrel, Lettuce and Chervil Omelette

Omelette à l'Oseille

To serve 6

10 to 12	eggs, beaten	10 to 12
250 g	sorrel, chopped	8 oz
1	small lettuce, chopped	1
3 tbsp	chopped chervil	3 tbsp
100 g	butter	3½ oz
	salt and pepper	
3	egg yolks	3
15 cl	double cream	¼ pint
	grated nutmeg	
30 g	croûtons, fried in butter	1 oz

Heat half of the butter. Add the sorrel, lettuce and chervil, season with salt and pepper, and cook over a low heat for about 10 minutes or until well wilted.

Beat together the egg yolks, cream and a pinch of nutmeg.

Stir this mixture into the greens and remove from the heat as the mixture thickens.

Season the beaten eggs lightly. Heat the remaining butter in a frying pan. Pour in the eggs and cook, pulling the cooked edges towards the centre, until the omelette is almost set. Spread the sorrel mixture on top of the omelette and scatter the croûtons over the top. Place a warmed serving dish over the frying pan, turn the pan over so that the omelette reverses on to the plate, and serve.

NOUVEAU MANUEL DE LA CUISINIÈRE BOURGEOISE ET ÉCONOMIQUE

Swiss Chard Omelette from Nice

Omelette Niçoise à la Blette

As a variation, you may add a few spinach leaves to the chard.

	To serve 4	
8	eggs, beaten	8
About 10	Swiss chard leaves	About 10
40 g	butter	1½ oz
½	garlic clove	½
60 g	Gruyère cheese, grated	2 oz
	salt and pepper	

Heat 15 g (½ oz) of the butter and gently cook the chard leaves in it for 10 minutes. Roughly chop them with the garlic. Add the cheese, salt and pepper to the leaves, and mix this with the eggs. Melt the remaining butter in a frying pan, pour in the egg mixture, and cook the omelette for about 5 minutes or until it has set but is still creamy in the middle. Fold the omelette as you slide it from the pan.

BENOÎT MASCARELLI
LA TABLE EN PROVENCE ET SUR LA CÔTE D'AZUR

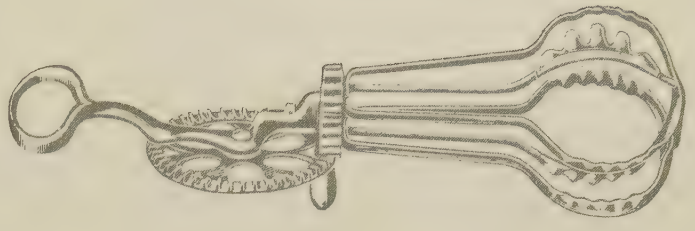
Lettuce Omelette

	To serve 2	
4	eggs, beaten	4
1	small lettuce, coarsely sliced	1
30 g	butter	1 oz
	salt and pepper	
4 tbsp	white sauce (*page 167*)	4 tbsp

Sauté the lettuce in half of the butter until softened. Season it with salt and pepper and combine it with the white sauce.

Melt the remaining butter in an omelette pan. Pour in the eggs and let them cook until almost set. Put the lettuce filling into the centre of the omelette, fold it over and serve.

NARCISSA CHAMBERLAIN
THE OMELETTE BOOK



Cannes Omelette

Trucca Cannoise ou Trouchia

In this recipe it is important to cook the omelette over a low heat. It may also be cooked in an oven preheated to 170°C (325°F or Mark 3) for 20 minutes. The omelette may also be served cold, sprinkled with olive oil and accompanied by small black Nice olives.

	To serve 2	
4	eggs	4
160 g	onion, finely sliced	5 oz
5 tbsp	olive oil	5 tbsp
800 g	Swiss chard leaves, ribs removed, coarsely chopped	1¾ lb
	thyme flowers or dried thyme	
1 tbsp	chopped parsley	1 tbsp
2 tbsp	grated Parmesan cheese	2 tbsp
6	basil leaves, chopped (optional)	6
½	garlic clove, crushed	½
	salt and pepper	
1 tbsp	fresh breadcrumbs	1 tbsp

Put the onion in a 2 litre (3½ pint) saucepan with 2 tablespoons of the oil. Cook for about 5 minutes or until the onion is transparent. Add the chard and cook for about 20 minutes more, so that the water contained in the chard evaporates completely. Drain the onion and chard on absorbent paper.

Beat the eggs with a pinch of thyme flowers or dried thyme, the parsley, grated Parmesan, chopped basil if used, and the garlic. Season with salt and pepper. Add the onion and chard, and mix thoroughly.

Heat the remaining oil in a 20 cm (8 inch) frying pan over a medium heat. Pour in the egg mixture. Stir with a fork, then cook over a low heat, without stirring, until the omelette is set. Sprinkle with the breadcrumbs. Put the plate upside down over the pan, turn the pan and plate together so that the omelette falls out on to the plate, and slide the omelette back into the pan. Cook for 2 to 3 minutes more. Reverse the omelette on to the plate again, and serve.

ROGER VERGÉ
CUISINE OF THE SUN

A Rustic Herb Omelette

Omelette à la Paysanne, aux Herbes

To serve 2

4	eggs	4
30 g each	Swiss chard leaves and spinach leaves, chopped	1 oz each
4	mint leaves, chopped	4
1 tbsp	chopped Welsh or spring onion	1 tbsp
30 g	sorrel leaves, chopped	1 oz
	salt	
15 g	butter	½ oz
2 tbsp	oil	2 tbsp
	pepper	
1 tbsp	finely chopped parsley	1 tbsp
2 tsp	finely cut fennel leaves	2 tsp
1	shallot, finely chopped	1
1	anchovy, finely chopped	1

Salt the chard, spinach, mint, onion and sorrel. After 5 minutes, squeeze the greens to extract their liquid.

Heat the butter and oil in a frying pan over a medium heat. Put in the greens and, while they are softening, beat the eggs with a little salt (very little, as the greens have already been salted), pepper, parsley, fennel, shallot and anchovy.

Pour the eggs on to the greens in the pan. Cook until the eggs are almost set, then turn and briefly cook the other side. Do not roll this omelette.

CHARLES DURAND
LE CUISINIER DURAND

Spinach Omelette from Nice

Omelette Niçarde aux Épinards

To serve 4

8	eggs, beaten	8
60 g	Swiss chard leaves, chopped	2 oz
60 g	spinach, chopped	2 oz
6 tbsp	olive oil	6 tbsp
30 g	Parmesan cheese, grated	1 oz
1 tbsp	chopped parsley	1 tbsp
1 tbsp	chopped basil	1 tbsp
2	garlic cloves, chopped	2

Cook the chard and spinach in half the olive oil until the oil is completely absorbed. Cool the mixture slightly, and add it to the eggs with the cheese, parsley, basil and garlic.

Heat the remaining oil in a 20 cm (8 inch) frying pan that will make an omelette two fingers thick. Pour in the beaten egg mixture and cook over a medium heat for 10 minutes or until the omelette is set.

C. CHANOT-BULLIER
VIEILLES RECETTES DE CUISINE PROVENÇALE

Asparagus Omelette

Aumelette d'Asperges

To serve 4

8	eggs, beaten	8
300 g	asparagus, trimmed and cut into pea-sized pieces	10 oz
100 g	butter	3½ oz
1 tbsp	flour	1 tbsp
	salt and pepper	
1 tbsp	chopped parsley	1 tbsp
2 or 3	chopped Welsh or spring onions	2 or 3
15 cl	double cream	¼ pint

Heat half the butter and stir in the flour. Add the asparagus, salt, pepper, parsley and the Welsh or spring onions. Cook gently for about 10 minutes or until the asparagus is tender but still firm, then stir in the cream, bring to the boil and remove from the heat.

Heat the remaining butter in a frying pan. Mix the eggs well into the asparagus. Pour the mixture into the frying pan and cook it for about 3 to 4 minutes, until brown on the bottom. Reverse it on to a warmed plate for serving, or place under a grill for a minute or two if desired to set the top before serving.

L'ESCOLE PARFAITE DES OFFICIERS DE BOUCHE

Parsley and Anchovy Omelette

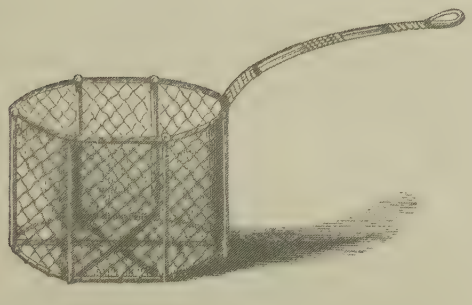
Omelette aux Fines Herbes

To serve 2

4	eggs, beaten	4
2 tbsp	chopped parsley	2 tbsp
1	anchovy, chopped	1
	salt and pepper	
15 g	butter	½ oz
2 tbsp	oil	2 tbsp

Season the eggs with salt and pepper, and mix in the parsley and anchovy. Heat the butter and oil in a frying pan and, when hot, pour in the eggs. When the eggs are set, tilt the pan and fold the omelette by letting it roll forward. It should still be creamy in the centre.

CHARLES DURAND
LE CUISINIER DURAND



Lyons Onion Omelette

Omelette Lyonnaise

To serve 4

8	eggs, beaten with 4 tbsp water	8
2	onions, finely sliced	2
2 tbsp	chopped parsley	2 tbsp
45 g	butter	1½ oz
	salt and pepper	
4 tbsp	vinegar	4 tbsp

Heat the butter in a large omelette pan on a low heat and in it brown the onions, mixed with the parsley. Season them with salt and pepper, then pour the eggs over the onion mixture and cook the omelette until the underneath is brown and the top almost set. Turn it like a pancake, cook for another minute, and transfer it to a warm serving dish.

Add the vinegar to the hot pan, bring it quickly to the boil, and sprinkle it over the omelette just before serving.

FÉLIX BENOIT AND HENRY CLOS JOUVE
LA CUISINE LYONNAISE

Leek Omelette

Omelette aux Poireaux

To serve 4

8	eggs	8
4 or 5	leeks, white parts only	4 or 5
	salt and pepper	
30 g	butter	1 oz
2 tbsp	double cream or *crème fraîche*	2 tbsp

Cook the leeks in 15 cl (¼ pint) of water for 10 minutes. Drain the leeks, reserving the cooking liquid, and chop them finely. Boil the reserved liquid until it is reduced by half.

Beat the eggs with salt, pepper, and 1 tablespoon of the reduced liquid. Melt the butter in a large omelette pan. When the butter is hot, pour in the beaten eggs and allow to set. Stir the cream into the chopped leeks, spread this mixture down the centre of the omelette, and fold the omelette over the leeks just before you turn it out of the pan.

FREDERICK ELLES AND SACHA SOSNO
99 OMELETTES ORIGINALES

Runner Beans with Eggs Georgian-Style

This dish, Georgians told me, is usually a first course. I feel it would be equally good served as a vegetable with a rather plain meat, such as a roast.

To serve 4 or 5

3	eggs, lightly beaten	3
1 kg	runner beans, trimmed and broken into 2 to 5 cm (1 to 2 inch) pieces	2 lb
30 g	butter	1 oz
	salt and pepper	
1 tbsp	chopped fresh tarragon	1 tbsp

Drop the beans into boiling salted water and cook them for about 10 minutes or until tender. Drain them thoroughly and put them in a 20 cm (8 inch) casserole that can double as a serving dish. Mix in the butter, salt, pepper and tarragon. Cover and place over a low heat for a few minutes.

Pour the eggs over the beans. Use a spoon to smooth the surface and to poke holes through the beans here and there so that the eggs penetrate downward. Cover the casserole and cook on the low heat until the eggs are set, about 3 minutes.

BARBARA NORMAN
THE RUSSIAN COOKBOOK

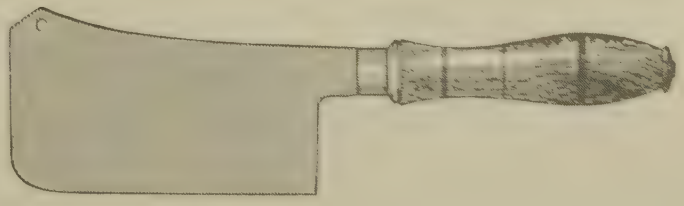
Cauliflower Omelette

Frittata di Cavolfiore

	To serve 4	
6	eggs, beaten	6
300 g	cauliflower, boiled until just tender, finely chopped	10 oz
60 g	butter	2 oz
1 tbsp	olive oil	1 tbsp
	salt and pepper	
2 tbsp	grated Parmesan cheese	2 tbsp

Heat the butter and oil in a large omelette pan, put in the cauliflower, and season it with salt and pepper. Cook the cauliflower gently until it has absorbed the butter and oil. Beat the eggs with the cheese and a pinch of salt. Pour them over the cauliflower, and cook until the omelette is set. It should not be necessary to turn it.

PELLEGRINO ARTUSI
LA SCIENZA IN CUCINA E L'ARTE DI MANGIAR BENE



Eggs with Courgettes

Avgha me Kolokithakia

	To serve 4	
6	eggs, beaten	6
1 kg	courgettes, thickly sliced	2 lb
125 g	butter	4 oz
2	tomatoes, skinned, seeded and finely diced (optional)	2
	salt and pepper	
3 tbsp	chopped parsley or dill	3 tbsp
4 tbsp	grated Parmesan cheese	4 tbsp

Heat the butter in a large frying pan and add the courgettes, tomatoes if used, salt, pepper and parsley or dill. Cover and cook over a low heat for 30 minutes, stirring occasionally. Add the eggs, sprinkle the cheese over the top, cover and cook for 3 to 4 minutes or until the eggs are set.

CHRISSA PARADISSIS
THE BEST BOOK OF GREEK COOKERY

Broad Bean Omelette

Omelette de Fèves Vertes

There are many variations on this recipe and other vegetables—first sweated in butter, then gently simmered in cream—may be used in place of the broad beans. These include mushrooms, morels, garden peas, asparagus tips, artichoke bottoms, white or black truffles, spinach and sorrel.

	To serve 2	
4	eggs, beaten	4
1 kg	young broad beans, shelled and peeled	2 to 2½ lb
30 g	butter	1 oz
1 tbsp	chopped parsley	1 tbsp
2 tsp	finely cut Welsh or spring onions	2 tsp
20 cl	double cream	7 fl oz
	salt and pepper	
2	egg yolks	2

Gently sauté the broad beans in half of the butter with the parsley and onion. Add 10 cl (3½ fl oz) of the cream, season lightly with salt and pepper, and cook over a low heat for about 10 minutes or until the beans are soft.

Beat half of the remaining cream, with salt to taste, into the eggs. Heat the remaining butter in a frying pan, pour in the eggs, and make a flat omelette, cooking about 2 to 3 minutes until the eggs are set but the centre creamy. Slip the omelette on to a warmed serving plate.

Beat the egg yolks with the remaining cream and stir into the creamed beans, off the heat. Return to a low heat, stirring until the sauce is thickened. Do not boil. Pour the bean mixture over the omelette and serve.

MASSIALOT
LE CUISINIER ROIAL ET BOURGEOIS

Frittata of Green Tomatoes

Frittata di Pomodori Verdi

	To serve 6	
6	eggs, very lightly beaten with a pinch of salt	6
4	large green tomatoes, cut in 1 cm (½ inch) slices	4
25 cl	olive oil	9 fl oz
About 125 g	flour	About 4 oz
	salt and freshly ground pepper	

Heat ¼ litre (8 fl oz) of the oil in a frying pan. While the oil is heating, flour the tomato slices.

When the oil begins to sizzle, place only as many tomato

slices in the pan as will make a single layer. Sauté until golden-brown on both sides, then transfer to absorbent paper to drain; sprinkle with salt and pepper. Fry the remaining tomato slices in the same way.

Heat the remaining oil in an omelette pan. When it is hot, add the tomato slices. Pour the eggs over the tomato slices.

When the eggs are well set and the omelette is well detached from the bottom of the pan, place a plate, face down, over the pan. Holding the plate firmly, reverse the pan and turn the omelette out on to the plate.

Return the pan to the heat. Carefully slide the omelette into the pan to cook the other side. After 1 minute, reverse the omelette on to a serving dish. Serve hot or cold.

GIULIANO BUGIALLI
THE FINE ART OF ITALIAN COOKING

Dried Mushroom Omelette

L'Omelette aux Cèpes Secs ou aux Mousserons Secs

This omelette is made with dried ceps (boletus) or dried field mushrooms; 50 to 60 g (about 2 oz) of ceps are sufficient, or 60 to 100 g (2 to 3½ oz) of field mushrooms. Fresh chanterelles or morels may also be used.

To serve 4

8	eggs, lightly beaten	8
60 g	dried mushrooms, soaked for 2 hours, rinsed in warm water, diced	2 oz
4 tbsp	olive oil	4 tbsp
1	shallot, chopped	1
½	garlic clove, chopped	½
60 g	cooked ham, diced	2 oz
	salt and pepper	
30 g	butter	1 oz

Heat the oil in a frying pan and cook the shallot for 5 minutes or until softened. Add the mushrooms, garlic and ham, and cook, stirring, for 10 minutes or until the mushrooms are soft. Cool the mixture slightly.

Stir the mushroom mixture into the eggs, season to taste, and allow to stand for 30 minutes.

Melt the butter in a large omelette pan, pour in the egg mixture, and cook until the omelette is almost set but still creamy in the centre. Fold the omelette as you slide it on to a warmed serving dish.

ALBIN MARTY
FOURMIGUETTO: SOUVENIRS CONTES ET RECETTES DU LANGUEDOC

Apple Omelette

Frittata alle Mela

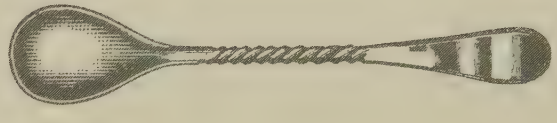
To serve 4

8	eggs, beaten	8
2	eating apples, peeled and thinly sliced	2
40 g	butter	1½ oz
15 g	dripping	½ oz
½ tsp	mixed spice	½ tsp
4 tbsp	double cream	4 tbsp

Melt half the butter and all the dripping, add the apples and mixed spice to the fats and cook over a low heat until the apples are almost soft—about 5 minutes. Cool them a little and mix them with the eggs and cream.

Melt the remaining butter in a frying pan, pour in the egg mixture and cook over a medium heat for about 4 to 5 minutes or until the omelette is browned on the bottom. Turn the omelette over and brown it on the other side.

VINCENZO CORRADO
IL CUOCO GALANTE



California Omelette

To serve 3 or 4

6	eggs, lightly beaten	6
1	small garlic clove, crushed	1
4 tbsp	olive oil	4 tbsp
12	large ripe olives, stoned and chopped	12
12.5 cl	double cream	4 fl oz
2	tomatoes, skinned, seeded and diced	2
1	avocado, peeled, halved, stoned and diced	1

Heat the garlic in 2 tablespoons of the oil. Remove the garlic, add the olives and cream, and heat them gently. Heat the remaining oil in an omelette pan, pour in the eggs, and cook until they are set and the underside is brown. Add the tomatoes and avocado to the cream just as the omelette is nearing completion. As soon as the vegetables are heated (no cooking please!), pour one-third of the mixture on to the omelette. Fold the omelette, turn it on to a hot platter, and pour the rest of the vegetable mixture around the omelette.

HELEN BROWN
HELEN BROWN'S WEST COAST COOK BOOK

Spanish Omelette

Tortilla Murciana

This omelette is usually accompanied by a salad made with whatever vegetables are seasonally available.

	To serve 4	
6 to 8	eggs	6 to 8
10 cl	olive oil	3½ fl oz
100 g	ham, chopped	3½ oz
1	onion, diced	1
1	sweet green pepper, seeded and diced	1
1	aubergine, peeled and diced	1
1	small courgette, diced	1
2	ripe tomatoes, skinned and chopped	2
	salt	

Heat the oil in a large frying pan and gently cook the ham, onion and green pepper for about 10 minutes. Add the aubergine and courgette, and continue cooking gently until all the vegetables are tender. Add the tomatoes and allow their juice to evaporate. When the tomatoes, too, are soft, season with a little salt, bearing in mind that the ham may be salty.

Beat the eggs lightly with a little salt and pour them over the vegetables. Cook over a medium heat for about 2 minutes. When the underside is lightly browned, turn the omelette to brown the other side. Serve cut in wedges.

MARÍA DOLORES COMAS
THE BEST OF SPANISH COOKING

Cold Frittata Country-Style

Frittata Fredda alla Rustica

	To serve 4	
6	eggs	6
1	small aubergine, peeled and cut in slices 1 cm (½ inch) thick	1
	salt and pepper	
3	artichokes, outer leaves discarded and chokes removed, sliced into water acidulated with juice of 1 lemon	3
12.5 cl	olive oil	4 fl oz
2	sweet peppers, grilled until skin blisters, peeled, seeded and cut into thin strips	2

Sprinkle the aubergines with salt and let them stand in a colander for 1 hour. Drain and pat them dry. Drain the artichoke slices well on absorbent paper.

Heat half the oil in a frying pan, and when hot add the artichokes and aubergine. Cover and cook over a low heat for 30 minutes or until tender, adding a little water if needed.

Beat the eggs in a bowl with a pinch of salt and a little pepper. Remove the artichokes and aubergine from the pan and drain them well on absorbent paper. Chop them and add them to the eggs with the pepper strips. Mix well.

In a 24 cm (10 inch) frying pan, heat the remaining oil until it sizzles. Pour in the egg and vegetable mixture and cook until the eggs are set. Turn the frittata out on to a serving platter. Cool and then cut into small wedges. Serve cold.

WAVERLEY ROOT
THE BEST OF ITALIAN COOKING

Roman Omelette

Uova alla Romana

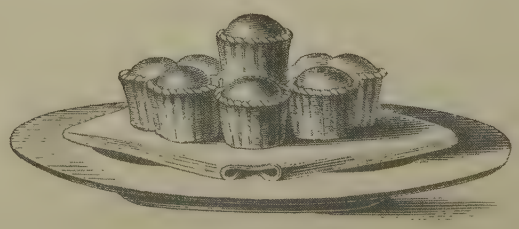
Provatura *is a fresh Roman cheese made from buffalo milk.* Stracchino *may be substituted.*

	To serve 4	
4	eggs	4
60 g	butter	2 oz
1 kg	broad beans, shelled and skinned	2 to 2½ lb
125 g	small or pickling onions	4 oz
1 tbsp	chopped herbs (savoury, marjoram, parsley)	1 tbsp
	salt and pepper	
	ground allspice	
2 tbsp	double cream	2 tbsp
60 g	*provatura* cheese, sliced	2 oz

Melt half of the butter in a saucepan and add the broad beans, onions, herbs and seasonings. Cover and cook gently for 15 to 20 minutes or until the vegetables are tender. Beat together the eggs and double cream, and stir in the sliced cheese and the vegetable mixture.

Heat the remaining butter in a frying pan and, when it foams, pour in the egg mixture. Cook for 5 minutes or until the omelette is set. Place under a grill briefly to cook the top and serve it without folding.

VINCENZO CORRADO
IL CUOCO GALANTE



Grated Potato Omelette

Omelette aux Pommes de Terre Crues

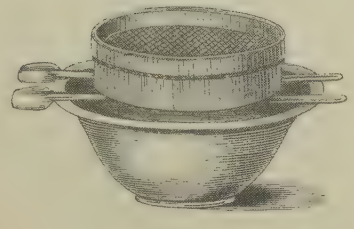
To serve 4

6	eggs, lightly beaten	6
500 g	potatoes, grated	1 lb
	salt and pepper	
3 tbsp	olive oil	3 tbsp

Season the eggs with the salt and pepper, and mix them with the potatoes. Heat the olive oil in a thick-bottomed frying pan and pour in the potato and egg mixture. Cook for about 15 minutes over a low heat, until the underside of the omelette is brown and the top just set.

Take the pan from the heat and cover it with an inverted plate. Turn over pan and plate together so that the omelette falls on to the plate. Slide the omelette back into the frying pan to cook the second side, for 10 minutes or until browned; then serve it immediately.

IRÈNE AND LUCIENNE KARSENTY
LA CUISINE PIED-NOIR



Grated Potato and Cheese Omelette

La Râpée

To serve 2

2	eggs, beaten	2
175 g	potatoes, grated	6 oz
	salt and pepper	
1 tbsp	finely chopped onion	1 tbsp
1	garlic clove, finely chopped	1
2 tbsp	grated Gruyère cheese	2 tbsp
30 g	butter	1 oz

Mix together the eggs, potatoes, salt and pepper, onion, garlic and cheese. Melt the butter in an omelette pan, pour in the egg mixture, and cook for 5 minutes on each side until golden.

ÉDOUARD M. NIGNON (EDITOR)
LE LIVRE DE CUISINE DE L'OUEST-ÉCLAIR

Mashed Potato Omelette

Omelette Markode

A meat omelette may be cooked in the same way. Replace the potatoes with 500 g (1 lb) well-cooked beef or lamb, chopped with onions and spices.

To serve 4

8	eggs	8
600 g	potatoes, peeled, halved and steamed	1¼ lb
3	garlic cloves, finely chopped	3
3 tbsp	chopped parsley	3 tbsp
	salt and pepper	
3 tbsp	olive oil	3 tbsp
	lemon wedges or mustard	

In a bowl, crush the potatoes with a fork. Add the garlic and parsley. Beat the eggs into the potatoes, one by one, and season the mixture with salt and pepper.

Heat the oil in a thick-bottomed frying pan, pour in the egg mixture and cook over a low heat for 15 minutes or until the underneath is browned and the top almost set.

Take the pan off the heat, cover it with an inverted plate, turn it over so that the omelette falls on to the plate, and slide the omelette back into the frying pan. Cook the second side for 10 minutes or until browned. Serve hot or cold, with lemon wedges or mustard.

IRÈNE AND LUCIENNE KARSENTY
LA CUISINE PIED-NOIR

Isidore's Omelette

L'Omelette d'Isidore ou "Crique"

To serve 2

4	eggs, beaten	4
1	large potato	1
1 tbsp	finely chopped onion	1 tbsp
8 cl	double cream	3 fl oz
	salt and pepper	
3 tbsp	olive oil	3 tbsp

Grate the potato into a bowl and add the eggs, onion and cream. Season the mixture with salt and pepper.

Heat the oil in a heavy frying pan. Pour in the omelette mixture and let it spread, without stirring. The cooking should be slow and steady; each side needs at least 15 minutes. When the omelette is cooked and crusty on one side, turn it over like a pancake, and brown the other side. Serve it flat.

PAUL BOUILLARD
LA GOURMANDISE À BON MARCHÉ

Plain Spaghetti Omelette

Frittata di Vermicelli in Bianco

This recipe uses the colloquial Neapolitan name "vermicelli" to mean spaghetti.

The cooking of pasta omelettes requires care and patience, if one is to achieve the desired result: a kind of cake, of a uniform golden-brown, crisp on both sides and round the edges. Olive oil or lard may replace part or all of the butter.

To serve 4 to 6

4	eggs	4
600 g	spaghetti	1¼ lb
	salt and pepper	
150 g	butter	5 oz
150 g	Parmesan cheese, grated	5 oz
3 tbsp	chopped parsley	3 tbsp

Cook the spaghetti in boiling salted water until *al dente*. Drain, toss with 100 g (3½ oz) of the butter, the Parmesan cheese and the parsley, and allow to cool slightly. Beat the eggs with a little salt and pepper, and stir them into the pasta.

Over a low heat, melt 15 g (½ oz) of butter in a 30 cm (12 inch) omelette pan. Pour in the egg and pasta mixture, spreading it out evenly and pressing it down. Hold the pan at a tilt over the heat, rotating it so that the edges of the omelette cook evenly. If at any stage no butter is visible at the base of the slanted pan, a small knob may be added to prevent the omelette from sticking. When the omelette is browned around the edges, turn it out upside-down on to a plate. Add the rest of the butter and slide the omelette back into the pan to brown the other side. Slide it out on to a heated dish and serve immediately.

JEANNE CARÒLA FRANCESCONI
LA CUCINA NAPOLETANA

Stuffed Spaghetti Omelette

Frittata di Vermicelli Imbottita

This recipe uses the colloquial Neapolitan name "vermicelli" to mean spaghetti. An alternative method of cooking the omelette is to put it in a preheated, 230° C (450° F or Mark 8) oven until it is set and browned; if liked a little basil may be added with the chopped parsley.

To serve 4 to 6

4	eggs	4
600 g	spaghetti	1¼ lb
	salt and pepper	
150 g	butter, lard or olive oil	5 oz
150 g	Parmesan cheese, grated	5 oz
1	bunch parsley, finely chopped	1

Cheese and salami filling

100 g	*mozzarella* cheese, thinly sliced	3½ oz
100 g	salami, diced	3½ oz
30 g	onion, chopped	1 oz
50 g	lard or olive oil	2 oz
7 or 8	tomatoes, skinned, seeded and chopped	7 or 8

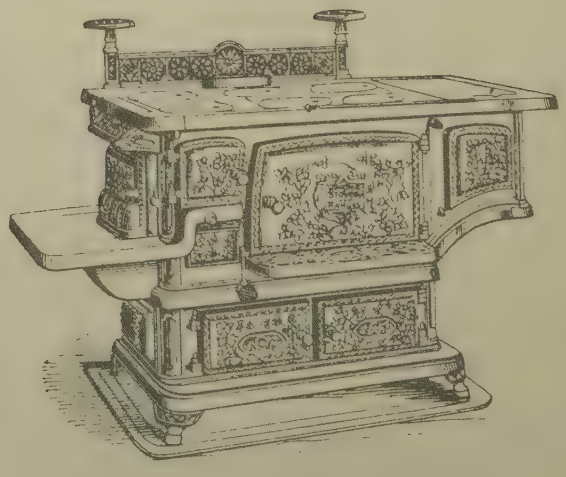
To start the omelette filling, fry the onion slowly in the lard or oil, add the tomatoes and cook for 20 minutes or until the sauce becomes very thick.

Cook the spaghetti in a large pot of boiling salted water until it is *al dente*. Drain, toss with 100 g (3½ oz) of the butter, the Parmesan cheese and the parsley. Allow to cool slightly.

Beat the eggs with a little salt and pepper, and stir them into the pasta mixture.

Melt the remaining butter over a low heat in a 30 cm (12 inch) omelette pan. Pour in half of the egg and pasta mixture, spreading it out evenly and pressing it down. Mix the *mozzarella* cheese and the salami into the tomato sauce, and spread this mixture on to the eggs in the pan, not quite reaching the edges. Cover with the remaining egg mixture. Cook over a medium heat until the bottom of the omelette begins to brown, tilting the pan so that the uncooked egg runs down the sides, and sliding another piece of butter down the side if the omelette begins to stick. Turn the omelette out on to a plate, then slide it back into the pan to brown the other side. Then slip the omelette out on to a dish and serve immediately.

JEANNE CARÒLA FRANCESCONI
LA CUCINA NAPOLETANA



Scots Omelette

Milts are the roe of male fish and softer than the female roe.

	To serve 4	
6	eggs, beaten	6
4	fresh herring milts	4
	salt	
	cayenne pepper	
1 tbsp	finely cut chives	1 tbsp
1 tbsp	finely chopped parsley	1 tbsp
1 tbsp	finely chopped chervil	1 tbsp
4	thin slices smoked salmon	4
60 g	butter	2 oz
2 tbsp	finely chopped *fines herbes*	2 tbsp

Sprinkle the milts with salt, cayenne, chives, parsley and chervil. Wrap each milt in a slice of smoked salmon, and cook them gently in half the butter for 5 minutes. While the milts are cooking, season the eggs and beat into them the *fines herbes*. Heat the remaining butter in an omelette pan. Pour in the eggs, and cook the omelette for about 2 minutes or until it is almost set. Set the milts aslant in the centre of the omelette, roll it up, and serve immediately.

F. MARIAN McNEILL
THE BOOK OF BREAKFASTS

Carp Roe Omelette

Aumelette Farcie en Maigre

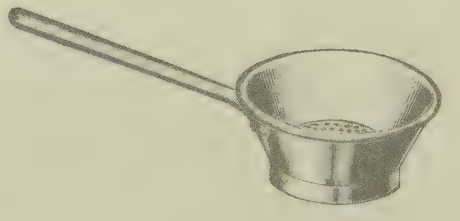
Variations on this omelette may be made by substituting 125 g (4 oz) of chicken breast or veal kidney for the carp roes. Slice or dice the meat finely and half-cook it in butter before adding it to the eggs. Season it well, adding, if you like, 1 teaspoon of chopped candied lemon peel. Alternatively, you may use 60 g (2 oz) of mushrooms, sliced and stewed with 125 g (4 oz) of finely sliced rabbit or hare liver and seasoned with 2 teaspoons of *fines herbes*.

	To serve 4 to 6	
12	eggs, beaten	12
250 g	fresh carp roes, sliced	8 oz
100 g	butter	3½ oz
125 g	mushrooms, thinly sliced	4 oz
	salt and white pepper	
2 tbsp	*fines herbes*	2 tbsp

Melt 30 g (1 oz) of the butter and sauté the mushrooms, seasoning with the salt, pepper and *fines herbes*, over a high heat for a minute or two. Reduce the heat, add the carp roes, cover, and stew them gently until firm, about 5 minutes. Season the eggs and add the roe mixture to them.

Heat the remaining butter in a large frying pan. When the butter is foamy and beginning to brown, pour in the egg mixture. Stir once, and allow the omelette to set, lifting the edges so that the liquid egg runs underneath. When the bottom of the omelette is set and golden, but the top is still soft, turn the omelette out of the pan on to a warmed serving plate, inverting it so that the golden surface is uppermost.

L'ESCOLE PARFAITE DES OFFICIERS DE BOUCHE



Oyster Omelette

Omelette aux Huîtres

It is essential to drain the oysters thoroughly before they are cooked, otherwise the liquid they contain will prevent the oysters from mixing properly with the eggs once the omelette has set, and the appearance of the dish will be spoiled.

	To serve 6	
12	eggs	12
36	live oysters in their shells	36
4 tbsp	chopped parsley	4 tbsp
2 tbsp	double cream	2 tbsp
	pepper	
60 g	dry bread cut into 1 cm (½ inch) cubes	2 oz
30 g	butter	1 oz

Open the oysters over a saucepan in order to catch all of their liquid. Remove their shells and place the oysters in the pan with the liquid. Place over a low heat until the oysters begin to whiten. Drain the oysters; strain and reserve the liquid.

Break the eggs into a large bowl. Add the parsley, cream and 2 tablespoons of the oyster liquid. Season to taste with pepper and beat rapidly for about 1 minute.

For the croûtons, dry and lightly toast the cubes of bread in an oven preheated to 180°C (350°F or Mark 4) for about 20 minutes. Melt half the butter in a large frying pan and, when it is quite hot, pour in half the beaten eggs. When they begin to set, add half the oysters and half the croûtons. Continue cooking, then fold the finished omelette and keep hot. Make a second omelette in the same way and serve very hot.

CÉLINE VENCE AND ROBERT COURTINE
THE GRAND MASTERS OF FRENCH CUISINE

Hangtown Fry

According to some Californians, Hangtown Fry was created in 1849. A miner from Shirttail Bend hailed into Hangtown with a poke full of nuggets, plonked his fortune down on the counter of Cary House and said he wanted the finest, most expensive meal they had. When he was told that oysters and eggs were the most expensive items on the menu (in those days whiskey was $1,500 a barrel, turnips a dollar each), he told the cook to put them together and serve up the food. The dish was made, originally, with the small Pacific Coast Olympia oysters, but ordinary oysters will do.

To serve 4

9	eggs, 1 beaten	9
12	live oysters, shelled and drained on absorbent paper	12
30 g	flour	1 oz
	salt and pepper	
60 g	water biscuit crumbs	2 oz
40 g	butter	1½ oz

Season the flour with salt and pepper. Dip each oyster in the flour, then in the beaten egg, last of all in the biscuit crumbs. Heat the butter and fry the oysters in it over a medium heat for about 5 minutes or until nicely browned on both sides.

Beat the remaining eggs with salt and pepper. Pour the beaten eggs over the oysters and cook for about 5 minutes or until the mixture is firm on the bottom. Turn the omelette with a large spatula and cook the second side for a minute or two longer or until set.

THE EDITORS OF AMERICAN HERITAGE
THE AMERICAN HERITAGE COOKBOOK

Veal Kidney Omelette

Frittata colla Pietra di Vitella di Latte

To serve 4

6	eggs, beaten	6
1	veal kidney, encased in its fat	1
	oil	
	salt and pepper	
1 tbsp	chopped parsley	1 tbsp
1 tbsp	grated Parmesan cheese	1 tbsp
30 g	butter	1 oz

Halve the kidney lengthwise; leave on all its fat. Brush the kidney with oil, season it with salt and pepper, and grill it for 4 minutes on each side or until it is cooked through. Cut it crosswise into small, thin slices. Season the eggs with salt and pepper and mix in the parsley and cheese. Add the veal kidney slices and mix well.

Melt the butter in a frying pan and, when it stops foaming, pour in the egg mixture. When the omelette is almost set, fold it in half and slide it on to a warmed serving dish.

PELLEGRINO ARTUSI
LA SCIENZA IN CUCINA E L'ARTE DI MANGIAR BENE

Omelette with Rabbit or Leveret Liver

Omelette de Foye de Lapin ou de Levrau

The original version of this recipe calls for the liver of a rabbit or a leveret—a young hare. If neither is obtainable, substitute two chicken livers.

To serve 2

4	eggs, beaten	4
1	rabbit or leveret liver, roughly chopped and pounded	1
1 tbsp	chopped *fines herbes*	1 tbsp
	salt and white pepper	
30 g	lard, melted	1 oz
2 tbsp	juice from roast lamb or reduced meat stock (*page 165*)	2 tbsp
2 tbsp	lemon juice	2 tbsp

Beat the liver and herbs into the eggs, and season with salt and pepper. Add half of the melted lard. Heat the remaining lard in an omelette pan, pour in the egg mixture, and cook until the omelette is almost set. Roll it as you slide it out of the pan on to a warmed serving dish, sprinkle it with the lamb juice or stock and with lemon juice, and serve.

PIERRE DE LUNE
LE NOUVEAU CUISINIER

Rouen Omelette

Omelette Rouennaise

To serve 4

8	eggs, well beaten	8
2	duck livers, cut into thin strips	2
	salt and pepper	
17.5 cl	red wine	6 fl oz
90 g	butter	3 oz

Bring half the wine to simmering point, put in the duck livers and cook them gently for 10 minutes until the slices are firm but still pink in the centre. Set them aside.

Heat 45 g (1½ oz) of the butter in a large omelette pan on a high heat, season the eggs, and add them to the butter. When they have begun to set, arrange the duck livers over the eggs.

While the omelette finishes cooking (in approximately 2 minutes), boil up the rest of the wine with the remaining butter. Fold the omelette over the duck livers and sprinkle the wine and butter over it.

MARIE BISSON
LA CUISINE NORMANDE

Catalan Omelette

Tortilla a la Catalana

Butifarra *is a pork sausage produced in Catalonia and the Balearics. It resembles English black pudding, but pine-nuts, cumin seeds, almonds and cinnamon give it a distinctive flavour. Most people prefer black* butifarra, *but there is a white version that resembles English white pudding. Black or white English pudding may be used in this recipe.*

	To serve 4	
8	eggs, beaten	8
About 4 tbsp	olive oil, or 30 g (1 oz) lard	About 4 tbsp
125 g	black or white *butifarra*, sliced 1 cm (½ inch) thick	4 oz
125 g	dried kidney beans, soaked overnight, drained, boiled in water for 2 hours until tender, drained again	4 oz
	salt	

Heat the oil in a large frying pan, and fry the sausage slices until lightly browned. Remove them from the pan, add the beans, and fry them lightly.

Salt the eggs lightly, and add the sausage and beans. If necessary, put a little more oil or lard into the pan, pour in the egg mixture, and cook until browned on the bottom. Turn to brown the other side.

VICTORIA SERRA
TIA VICTORIA'S SPANISH KITCHEN

Pistachio Omelette

Aumelette aux Pistaches

	To serve 6	
12	eggs, beaten with salt	12
125 g	pistachio nuts, blanched, skinned and pounded	4 oz
125 g	candied lemon peel	4 oz
40 g	butter	1½ oz

Pound the pistachio nuts and lemon peel together in a mortar. Mix the pounded mixture with the eggs. Heat the butter in a frying pan, pour in the egg and pistachio nut mixture and cook until the omelette is set through. Transfer to a heated dish.

L'ESCOLE PARFAITE DES OFFICIERS DE BOUCHE

Vodka Omelette

Omelette Aletti

	To serve 4	
8	eggs, yolks separated from whites, whites stiffly beaten	8
4 tbsp	Russian vodka	4 tbsp
30 g	butter	1 oz
½	onion, chopped	½
1 tsp	paprika	1 tsp
	salt	
2 to 3 tbsp	double cream	2 to 3 tbsp

Heat 15 g (½ oz) of the butter in a pan and gently cook the onion until transparent, adding ¼ teaspoon of the paprika. Allow the onion to cool, then mix it with the remaining butter. Press this paprika-butter mixture through a sieve.

Mix the egg yolks and whites together and season with salt. Melt the paprika butter in a frying pan and add the eggs. Cook until the omelette is almost set. Mix the cream with the remaining paprika and spread it in the centre of the omelette. Fold the omelette in thirds.

Heat the vodka in a ladle or a small saucepan, then set it alight with a match and pour it, flaming, over the omelette. Serve immediately.

ROBERT COURTINE
MES REPAS LES PLUS ÉTONNANTS

Iraq Walnut Omelette

To serve 3 or 4

6	eggs, beaten	6
100 g	walnuts, finely chopped	3½ oz
60 g	currants	2 oz
¼ tsp	powdered saffron	¼ tsp
¼ tsp	ground turmeric	¼ tsp
2 tbsp	chopped chives	2 tbsp
4 tbsp	fresh breadcrumbs	4 tbsp
	salt and pepper	
15 to 30 g	butter	½ to 1 oz

Mix the walnuts, currants, saffron, turmeric, chives, breadcrumbs, salt and pepper into the eggs. Melt 15 g (½ oz) of the butter in an omelette pan over a high heat and pour the egg mixture into it. When set and brown on one side, add more butter to the pan if necessary and turn the omelette to cook lightly on the other side.

NARCISSA CHAMBERLAIN
THE OMELETTE BOOK

Duck Egg Omelette with Coconut

Telur Dadar Padang

If duck eggs are not available, substitute four hen's eggs.

This is a savoury omelette made with duck eggs and grated coconut. It is thick and satisfying, and can be eaten either as a main dish with rice and vegetables or as a snack with salad.

To serve 4

3	duck eggs	3
1 to 2 tbsp	grated fresh or desiccated coconut	1 to 2 tbsp
2	shallots	2
1	garlic clove	1
1	dried red chili pepper, seeded, or ½ tsp cayenne pepper	1
1 tbsp	cold water	1 tbsp
	salt	
2 tbsp	vegetable oil	2 tbsp

Either finely chop the shallots, garlic and chili or, better still, pound them together. Mix them with the coconut and water, and add a little salt to taste. Then beat the mixture thoroughly with the eggs. It needs more beating than an ordinary plain omelette, and should become quite fluffy.

Heat the oil in a *wok* or a large frying pan, and spoon it over the sides or tilt and turn the *wok* so that the sides are well-coated with oil. Pour the omelette mixture into the hot *wok*; swirl it around so that the omelette is not too thick in the centre. Let it cook for 2 to 3 minutes.

Turn it over carefully (it should be perfectly circular) and cook slowly for another 3 to 4 minutes until the middle, which of course is still the thickest part, is firm and the whole omelette is lightly browned. The edges should now be delicately crisp. Serve hot or cold, cut up into wedges like a cake.

PETITS PROPOS CULINAIRES V

Brocciu and Mint Omelette

Omelette au Brocciu et à la Menthe

Brocciu *is a Corsican fresh sheep's milk cheese, known as* brousse *in mainland France.*

To serve 2

4	eggs, beaten	4
150 g	*brocciu*, mashed with a fork	5 oz
3 or 4	wild mint leaves, cut in quarters	3 or 4
	salt and pepper	
30 g	butter, or 2 tbsp oil	1 oz

Mix the cheese, mint, and salt and pepper well into the eggs. Heat the butter or oil in an omelette pan, pour in the egg mixture, and cook for about 1 minute or until the omelette is just set. Roll it as you slide it from the pan.

MARIA NUNZIA FILIPPINI
LA CUISINE CORSE

Feydeau's Omelette

Omelette Feydeau

To serve 3

10	eggs, 7 beaten, 3 poached or mollet	10
500 g	mushrooms	1 lb
150 g	butter	5 oz
40 g	Parmesan or Gruyère cheese, grated	1½ oz
60 cl	white sauce (*page 167*)	1 pint
8 cl	double cream	3 fl oz
1	small truffle, cut into *julienne* strips (optional)	1
	salt and pepper	

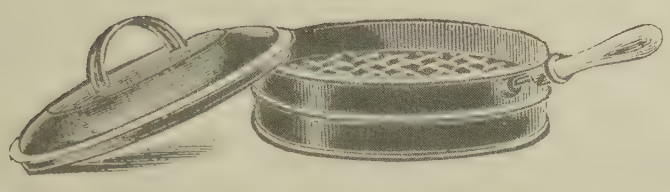
Put the raw mushrooms through a food mill, then sauté them in 30 g (1 oz) of the butter until all their liquid has evaporated. Over a low heat, add most of the grated cheese to the white

sauce. Dice and add 60 g (2 oz) of the butter, then stir in the cream and the truffle, if using.

Dice 30 g (1 oz) of butter and add it to the beaten eggs with salt and pepper. Heat the remaining butter in a large omelette pan, then pour in the egg mixture. Cook until the omelette is almost set, but still rather liquid on top. Roll the omelette as you slide it on to a warmed ovenproof serving dish. Slit the top of the omelette to form a pocket. Spoon the mushroom purée into the pocket.

Place the poached or mollet eggs on top of the filling. Cover with the cheese sauce, sprinkle with the remaining cheese, and brown the dish under a hot grill for 2 to 3 minutes.

PROSPER MONTAGNÉ
NEW LAROUSSE GASTRONOMIQUE



Egg Symphony

Symphonie d'Oeufs

For the basic techniques of hard boiling and poaching eggs, see pages 24 and 26. For the tomato sauce to serve with this dish, skin, seed and roughly chop 500 g (1 lb) of ripe tomatoes. Simmer them over a medium heat, seasoning to taste with salt, pepper and herbs, until reduced to a fairly thick purée.

	To serve 4	
14	eggs	14
50 g	butter	2 oz
	salt and pepper	
	tomato sauce	

Hard boil two of the eggs, cool and shell them, and chop them finely. Poach four of the eggs and keep them warm.

Beat the remaining eggs together, season them with salt and pepper, and heat a quarter of the butter in a small frying pan. When the butter foams, but before it browns, pour in a quarter of the beaten egg. Begin pulling the edges of the egg towards the centre, until the entire mixture is set. Slide this omelette out on to a warmed plate, keep warm, and repeat the operation three times more.

Sprinkle each omelette with the chopped, hard-boiled egg, and place a poached egg in the centre of each. Fold the edges of the omelettes over the poached eggs. Serve immediately, accompanied by a hot tomato sauce.

EUGÉNIE BRAZIER
LES SECRETS DE LA MÈRE BRAZIER

Swiss Stuffed Omelettes

Omelettes Farcies à la Suisse

The rolled, stuffed omelettes may alternatively be sprinkled with breadcrumbs and melted butter and grilled, or dipped in beaten egg, then in crumbs, and fried in butter.

	To serve 6	
7	eggs, beaten	7
15 cl	double cream	¼ pint
	salt	
125 g	butter	4 oz
3	thick slices white bread, crusts removed, cut into strips	3
2	egg yolks, beaten	2
15 g	Parmesan cheese, grated	½ oz
	Sorrel stuffing	
250 g	sorrel, stemmed and shredded	8 oz
30 g	butter	1 oz
8 cl	double cream	3 fl oz
	salt	
100 g	fresh white breadcrumbs	3½ oz
45 g	Parmesan cheese, grated	1½ oz
3	hard-boiled egg yolks, mashed	3

Mix the beaten eggs with 3 to 4 tablespoons of the cream and a pinch of salt. Heat 30 g (1 oz) of butter in a large omelette pan and make seven thin, flat omelettes with the egg mixture, stacking them in reserve while you make the stuffing.

For the stuffing, cook the sorrel in the butter until it is melted to a purée. Add the cream, season with salt, and simmer until slightly thickened. Off the heat, stir in the breadcrumbs, cheese and egg yolks.

Spread six of the omelettes on a clean cloth, divide half of the stuffing among them, and roll them up. Fry the bread strips slowly in 60 g (2 oz) of the butter until they are golden. Dip them in the beaten egg yolks and place them so that they form a wall round the edge of a shallow ovenproof dish just large enough to hold the omelettes. Cut the stuffed omelettes in half crosswise and arrange them in the dish, filling any gaps with the remaining stuffing. Pour the rest of the double cream over the top of the omelettes.

Place the remaining omelette flat on top of the dish as a cover. Sprinkle with the cheese, dot with the remaining butter and place in an oven preheated to 180°C (350°F or Mark 4) for 30 minutes or until golden.

LOUIS AUGUSTE DE BOURBON
LE CUISINIER GASCON

Raw Egg Omelette

Omelette aux Oeufs Crus

To serve 4

8	eggs, beaten with salt and pepper	8
3	egg yolks, lightly beaten	3
50 g	butter	2 oz
1 tbsp	chopped chives or watercress	1 tbsp

Heat the butter in an omelette pan and pour in the eggs. When the omelette is almost set and moves easily in the pan, mix the egg yolks with the chives or watercress and spread this mixture over the omelette. Fold it in half and serve.

FREDERICK ELLES AND SACHA SOSNO
99 OMELETTES ORIGINALES

Cold Omelette Loaf

Gâteau de Crespèus

This *gâteau* is a loaf of multi-tiered omelettes. Be organized when you make it. Prepare the five basic apparels plus the sorrel purée and line them up in bowls near the stove. Before cooking the omelettes, line up five plates or a couple of large platters so as to be able to stack omelettes of different flavours separately. Keep a flexible spatula at hand just in case an omelette should stick to the pan (should this happen—and even though the omelette has been successfully turned out and the pan appears to be clean—rub the pan with salt before continuing to the next omelette).

Count about 1 tablespoon of olive oil for the cooking of each omelette and reheat the pan for a few seconds each time before beginning another. The omelettes should be from 5 to 10 mm ($\frac{1}{4}$ to $\frac{1}{2}$ inch) thick, depending on the material (the courgette and spinach omelettes will be thicker than the olive and mushroom ones; the tomato mixture is more flexible).

A salad of cucumbers in a dill-flavoured lemon and cream sauce is an exquisite accompaniment.

To serve 12 to 15

About 20	eggs, lightly beaten	About 20
500 g	small firm courgettes, trimmed and coarsely grated or cut into *julienne* strips	1 lb
	salt and pepper	
10 cl	olive oil	$3\frac{1}{2}$ fl oz
1 tsp	finely chopped fresh marjoram flowers (or $\frac{1}{2}$ tsp dried marjoram or $\frac{1}{2}$ tsp crumbled fresh oregano)	1 tsp
1	onion, halved and thinly sliced	1
100 to 125 g	sweet pepper (the elongated Italian variety, if possible), halved lengthwise and sliced thinly crosswise	$3\frac{1}{2}$ to 4 oz
2	ripe, firm tomatoes, skinned, seeded and coarsely chopped	2
1	large garlic clove, crushed, peeled and thinly sliced	1
$\frac{1}{2}$ tsp	sugar	$\frac{1}{2}$ tsp
	cayenne pepper	
500 g	spinach, stems removed	1 lb
125 g	firm mushrooms, very thinly sliced	4 oz
30 g	butter	1 oz
300 g	sorrel, stems pulled off backwards to remove stringy veins	10 oz
175 to 200 g	natural black olives (no vinegar), stoned and flesh coarsely chopped	6 to 7 oz
15 cl	double cream	$\frac{1}{4}$ pint

First, prepare the various fillings as follows.

Arrange the courgettes in layers in a mixing bowl, each layer sprinkled with salt. Leave to stand for about 30 minutes and press the mass together, squeezing to release the water. Pour the contents of the bowl into a sieve and, taking the mass in both hands, squeeze tightly and repeatedly to rid the courgettes of all the liquid possible. Sauté in 2 tablespoons of olive oil over a relatively high heat, tossing regularly, for 6 to 7 minutes. Add the marjoram after removing from the heat.

Stew the onion and sweet peppers gently in 3 tablespoons of olive oil until soft, stirring regularly—10 to 15 minutes. Add the tomatoes, garlic, sugar and a small pinch of cayenne pepper. Toss the mixture for about 1 minute over a high heat, then cook gently at a simmer, tossing occasionally, for about 15 minutes. Toss for another couple of minutes over a high heat until all liquid is evaporated.

Parboil the spinach in a large quantity of generously salted, rapidly boiling water—2 to 3 minutes only. Drain, rinse in cold water, squeeze tightly and repeatedly with both hands, and chop. If you like, you can sauté the chopped spinach briefly in butter for extra flavour.

Sauté the mushrooms in 15 g (½ oz) of butter, seasoned with salt and pepper, over a high heat, tossing repeatedly, until their liquid is completely reabsorbed (3 to 4 minutes—or more, depending on the size of the pan).

Cut the sorrel into a fine chiffonade and put it directly to stew, salted, in 15 g (½ oz) of butter over a low heat, stirring from time to time, for about 20 to 30 minutes, until all liquid is evaporated and the sorrel is reduced to a purée. Season the eggs with pepper (no salt—or very little). Make two omelettes each from the courgettes, tomatoes, spinach, mushrooms and olives—first putting half of each of these preparations into a soup plate and stirring in enough egg to bind well; the courgette will take little—the equivalent of something less than one egg for each omelette; the tomato mixture will require about double that of the courgette, etc. Salt each to taste, bearing in mind the amount of seasoning in the original preparations—it is possible that only the spinach will require additional salt. Use an 18 cm (7 inch) omelette pan. The remaining olive oil should suffice for cooking the omelettes.

Cut two rounds of kitchen parchment paper to the dimensions of the top and bottom of a 2.25 litre (4 pint) charlotte mould or round enamelled ironware casserole about 18 cm (7 inches) in diameter. Butter the mould liberally, butter both sides of one round of paper for the bottom and press it carefully into the bottom of the mould, leaving no air spaces or unstuck edges where the egg might run beneath.

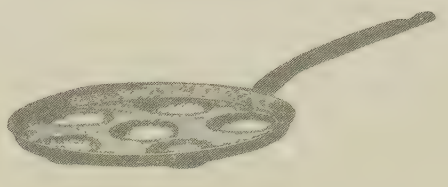
Whisk together the sorrel purée, the cream and the remainder of the beaten eggs, adding more eggs if necessary—there should be the equivalent of about five eggs in the mixture. Salt and pepper to taste.

Pour a small ladle of sorrel cream into the bottom of the mould and stack the omelettes in alternating colours and flavours, pressing each gently into place and pouring a small bit of sorrel cream over each before placing another. Pour in enough sorrel cream to barely submerge the omelettes, tap the bottom of the mould smartly against a muffled tabletop (a couple of folded towels on it to soften the blow) to settle the contents and chase out any trapped air bubbles, and add more of the sorrel cream if necessary for the top omelette to be just covered (if there is any left over, it can be poached in a small, buttered mould apart). Butter the other round of paper and place it, buttered side down, on the surface.

Place the mould in a bain-marie so that it is immersed to about two-thirds its height in boiling water, and cook in an oven preheated to 190°C (375°F or Mark 5) for about 45 minutes, making certain that the centre of the loaf is firm and elastic to slight pressure before removing from the oven. Leave to cool for about 1 hour—until only just tepid. Lift the paper off the surface, run a knife all round the sides, and unmould on to the serving dish (placing the dish upside down over the mould and turning it and the mould over together). If not to be served at once, press plastic film over the surface to protect it from contact with the air and refrigerate.

Just before serving, decorate it simply (a ribbon of chopped parsley or *fines herbes* strung around the edge and a rosette of finely sliced tomato in the centre, for instance. Stoned black olives sliced into rings or chopped hard-boiled egg yolks are also good decorative elements.) To serve, cut the loaf into approximately 1 cm (½ inch) slices, using a spatula to transfer them to individual plates.

RICHARD OLNEY
SIMPLE FRENCH FOOD



Flat Omelettes with Brain Filling

Frittata Ripiena alle Cervellate

To serve 8 to 10

20	eggs, beaten	20
1	calf's brain or 2 lamb's brains, soaked, membrane removed, soaked again, poached for 10 minutes in court-bouillon (*page 167*) and sliced	1
	salt and pepper	
125 g	Parmesan cheese, grated	4 oz
1 tbsp	chopped parsley	1 tbsp
2 tbsp	finely chopped basil	2 tbsp
125 g	bread, crusts removed, soaked in water, squeezed and crumbled	4 oz
125 g	butter or 12.5 cl (4 fl oz) olive oil	4 oz
40 g	cooked peas	1½ oz
125 g	mushrooms (preferably ceps), sliced and sautéed in butter, or 100 g (3½ oz) *mozzarella* cheese, thinly sliced, and 4 hard-boiled eggs, quartered	4 oz

Beat the eggs well with salt and pepper, the grated cheese, parsley, basil and the bread pulp.

Using a very large omelette pan the same size as your serving dish, heat half of the butter or oil and pour in half of the egg mixture. When the omelette is almost set, transfer it to the serving dish. Make a second omelette in the same way.

On top of the second omelette in the pan, arrange the sliced brains, peas, and ceps (if in season) or *mozzarella* and eggs. Turn the first omelette back into the pan to cover the filling, uncooked side down. Over a low heat, cook the two omelettes together until the filling is sealed between them. Turn the omelette out on to the serving dish, trim any uneven edges with a knife, and serve.

IPPOLITO CAVALCANTI, DUCA DI BUONVICINO
CUCINA TEORICO-PRATICA

Courgette Omelette

Omelette aux Courgettes

	To serve 4	
6	eggs, beaten	6
175 g	courgettes, peeled, half diced and half cut into thin rounds	6 oz
4 tbsp	oil, or 60 g (2 oz) butter	4 tbsp
2 tsp	chopped parsley	2 tsp
1	garlic clove, chopped	1
	salt and pepper	
15 cl	tomato sauce (*page 167*)	¼ pint

Lightly sauté the diced courgettes in 1 tablespoon of oil until they are soft, adding half the parsley. Remove the diced courgettes and sauté the courgette rounds in a further tablespoon of oil until soft and golden. Sprinkle them with the parsley and garlic, then set them aside. Season the eggs with salt and pepper and add the diced courgettes.

Heat 1 tablespoon of oil in a frying pan, pour in half the egg mixture, and cook until the omelette is set. Turn it out flat on to a round dish and cover it with the courgette rounds.

Make a second omelette with the rest of the egg mixture and place that on top of the first. Surround the omelette with a ring of tomato sauce.

PROSPER MONTAGNÉ AND DR A. GOTTSCHALK
MON MENU—GUIDE D'HYGIÈNE ALIMENTAIRE

Mystery Eggs

Oeufs à l'Intrigue

	To serve 8 to 10	
24	eggs, 18 beaten, 6 poached	24
30 cl	double cream	½ pint
	salt and pepper	
60 g	spring onions, finely chopped	2 oz
30 g	*fines herbes*, chopped	1 oz
60 g	butter	2 oz
100 g	Gruyère cheese, diced	3½ oz
4	salt anchovies, soaked, filleted, rinsed and diced	4
15 g	Parmesan cheese, grated	½ oz
2 tbsp	lemon juice	2 tbsp

Mix the beaten eggs with the cream, salt and pepper, spring onions and *fines herbes*. Heat half of the butter in a wide shallow fireproof casserole, and pour in one-third of the beaten egg mixture. Allow to set over a medium heat. Cover this layer with half of the Gruyère and half of the anchovies, and arrange three poached eggs on top.

Pour in another third of the beaten egg mixture, cover the casserole, and cook until the beaten eggs are almost set. Cover with the remaining Gruyère, anchovies and poached eggs. Pour in the rest of the beaten eggs.

When the last layer of the beaten egg mixture is almost set, dot the top with butter, sprinkle with Parmesan, and place the dish in an oven preheated to 200°C (400°F or Mark 6) for about 10 minutes or until the top is set and golden. Sprinkle with lemon juice and serve.

PIERRE DE LUNE
LE NOUVEAU CUISINIER

Fricasséed Eggs

Ovi alla Fracassè

To make the fish stock for this recipe, fish heads, bones and trimmings combined with a bouquet garni and a small onion may be simmered in water to cover for 30 minutes. Strain the stock before using it.

	To serve 8 to 10	
20	eggs, beaten	20
250 g	stale bread, crusts removed	8 oz
½ litre	milk or fish stock	16 fl oz
	salt and pepper	
100 g	butter	3½ oz
	Egg sauce	
8	eggs	8
	salt	
1 tbsp	chopped parsley	1 tbsp
1 tsp	chopped sweet marjoram	1 tsp
1 tsp	grated lemon rind	1 tsp
1 tbsp	lemon juice	1 tbsp
¼ litre	milk or fish stock	8 fl oz

Boil the bread in the milk or stock, stirring until it forms a paste. Add the beaten eggs and seasoning, and mix well. Melt the butter in a 30 cm (12 inch) frying pan or oven dish, pour in the egg mixture, and cook until set on the bottom—that is, when the omelette slips in the pan when shaken. Place the pan in an oven preheated to 180°C (350°F or Mark 4) for a few more minutes, until the omelette is set in the centre. Turn the omelette out and cut it into small squares or strips. Arrange the omelette pieces on a heated serving dish.

To prepare the sauce, whisk all of the ingredients together. Pour into a saucepan, or into the top half of a double saucepan, and cook gently, whisking all the time, until the mixture thickens to a creamy consistency. Pour the sauce over the omelette pieces, and serve.

IPPOLITO CAVALCANTI, DUCA DI BUONVICINO
CUCINA TEORICO-PRATICA

Baked Spinach and Sorrel Soufflé Omelette

Omelette au Four (Épinards, Oseille)

	To serve 4	
5	eggs, yolks separated from whites, whites stiffly beaten	5
100 g	spinach, coarsely chopped	3½ oz
100 g	sorrel, coarsely chopped	3½ oz
50 g	butter	2 oz
17.5 cl	milk, heated to boiling	6 fl oz
50 g	dry bread, crumbled	2 oz
8 cl	double cream	3 fl oz
	salt and pepper	

Heat the butter in a frying pan and add the spinach and sorrel. Cook over a very low heat for 4 minutes or until the vegetables have wilted. Combine the milk and bread and leave, off the heat, for 10 minutes to allow the bread to swell.

Add the egg yolks to the milk and bread and mix well. Mix in the spinach, sorrel and cream. Season to taste with salt and pepper. Fold in the beaten egg whites. Lightly grease an ovenproof dish at least 5 cm (2 inches) deep, and pour in the mixture. Bake the soufflé in an oven preheated to 220°C (425°F or Mark 7) for 20 minutes or until the mixture is set and the top is golden-brown.

FREDERICK ELLES AND SACHA SOSNO
99 OMELETTES ORIGINALES

Gratin of Stuffed Omelette Rings

Anemole

	To serve 4 to 6	
6	eggs, beaten with salt and pepper	6
75 g	lard	2½ oz
60 g	*provolone* cheese, grated	2 oz
1 tbsp	sugar	1 tbsp
	Ricotta filling	
125 g	*ricotta*	4 oz
1 tbsp	sugar	1 tbsp
	salt and pepper	
75 g	*provolone* cheese, grated	2½ oz
2 or 3	egg yolks	2 or 3

Melt a little of the lard in a fairly large frying pan. When it is hot, pour in a small ladleful of the beaten eggs, turning the pan round and round so that the whole of the bottom is covered and a very thin, crêpe-like omelette is formed. Continue to rotate the pan over the heat so that the omelette is quickly cooked. Slip the omelette, cooked on one side only, on to a working surface. Prepare the remaining omelettes (about six in all) in the same way.

Mix together the filling ingredients. Spread the omelettes with the filling, roll them up and cut crosswise into 2.5 cm (1 inch) slices. Sprinkle half of the grated cheese and a little sugar over the bottom of a shallow greased gratin dish, stand the slices cut side up in the dish and sprinkle these rings with the remaining grated cheese and sugar. Bake in an oven preheated to 220°C (425°F or Mark 7) for 10 minutes or until the surface is crisp and golden.

IPPOLITO CAVALCANTI, DUCA DI BUONVICINO
CUCINA TEORICO-PRATICA

Omelette-Sorrel Sandwich

Omelette à la Gendarme

This recipe is enough for six people if served as a first course.

	To serve 4	
6	eggs, 4 beaten, yolks of 2 separated from whites	6
250 g	sorrel, finely chopped	8 oz
90 g	butter	3 oz
4 tbsp	double cream	4 tbsp
50 g	fresh breadcrumbs	2 oz
50 g	Parmesan cheese, grated	2 oz
	salt and pepper	
125 g	bread, cut into fingers and fried in butter	4 oz

Cook the sorrel in 30 g (1 oz) of the butter until it melts to a purée. Beat the two egg yolks with the cream and stir into the sorrel with most of the breadcrumbs and cheese, reserving about 2 tablespoons of each.

Heat 15 g (½ oz) of the butter in a 20 cm (8 inch) omelette pan. Season the four beaten eggs with salt and pepper, and pour half of the egg mixture into the pan. Cook until just set, and slide the omelette on to a serving dish.

Lightly beat the two egg whites, dip the fried bread fingers into the whites, and arrange them round the edge of the omelette. Spread the sorrel mixture on the omelette. Heat another 15 g (½ oz) of butter in the omelette pan and make another thin omelette with the remaining egg mixture. Slip this omelette over the filling, moist side uppermost, so that the sorrel is completely hidden.

Melt the remaining butter and sprinkle it on top, then sprinkle on the remaining breadcrumbs and cheese. Bake in an oven preheated to 230°C (450°F or Mark 8) for about 5 minutes, then place under a grill for 1 to 2 minutes to brown.

MENON
LES SOUPERS DE LA COUR

Farmer's Wife Egg Loaf

Pain d'Oeuf à la Fermière

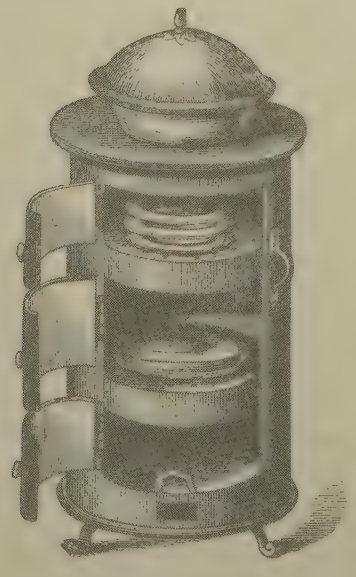
To serve 6 to 8

8	eggs, beaten	8
90 g	carrots, thinly sliced	3 oz
90 g	turnips, thinly sliced	3 oz
90 g	shelled peas	3 oz
90 g	green beans, thinly sliced	3 oz
90 g	potatoes, peeled and thinly sliced	3 oz
30 g	butter	1 oz
	salt and pepper	
1 tsp	sugar	1 tsp
	grated nutmeg	
15 cl	white sauce (*page 167*)	¼ pint
30 cl	double cream	½ pint

Cook all the vegetables for 15 minutes with the butter, salt and sugar in a saucepan with a tightly fitting lid, adding a very little water if the vegetables are not young and fresh.

Add salt, pepper and nutmeg to the eggs, then add the white sauce and 15 cl (¼ pint) of the cream. Butter a deep timbale or charlotte mould, pour in the mixture, and cook in a bain-marie in an oven preheated to 180°C (350°F or Mark 4) for 15 to 18 minutes or until the eggs are just set. Turn the egg mould on to a round serving dish and cover it with the remaining cream, lightly salted. Arrange the vegetable garnish around the edges of the dish.

LE CORDON BLEU



Parmesan Egg Timbales

Oeufs à la Parmesane

Gruyère cheese may be substituted for the Parmesan that is sprinkled over the finished dish.

To serve 3

7	eggs, 6 beaten	7
30 g	butter	1 oz
	salt and pepper	
2 tbsp	double cream or white sauce (*page 167*)	2 tbsp
75 g	Parmesan cheese, grated	2½ oz
30 cl	tomato sauce (*page 167*)	½ pint
2 tbsp	meat glaze or reduced stock (*page 165*)	2 tbsp

Place the beaten eggs in a saucepan with the butter, season with salt and pepper, and add the cream or white sauce. Scramble the eggs over a low heat, or over hot water, stirring with a whisk until they form a thick cream but are not yet set. Remove from the heat and add 50 g (2 oz) of the cheese, then stir in the remaining egg.

Fill individual buttered timbale moulds with this mixture, place them in a bain-marie and bake in an oven preheated to 200°C (400°F or Mark 6) for 3 to 4 minutes or until the eggs are firm and set like a custard.

Unmould the eggs on to a round heated serving dish. Mix the tomato sauce with the meat glaze and pour it over the eggs. Sprinkle with the remaining cheese, and serve.

LE CORDON BLEU

Mother Poustiquet's Timbales

La Timbale de la Mère Poustiquet

To serve 6

6	eggs, 3 hard-boiled, 3 beaten	6
200 g	ham, finely diced	7 oz
¼ litre	double cream	8 fl oz
4 tbsp	grated Gruyère cheese	4 tbsp
	salt and pepper	

Finely dice the hard-boiled eggs and mix them with the ham, adding the cream and finally the grated cheese. Add the beaten eggs to the mixture. Season lightly, remembering that the ham may be salty.

Butter six individual dishes and fill them with the mixture. Cook in an oven preheated to 190°C (375°F or Mark 5) in a bain-marie, for 20 minutes. Serve hot in the dishes.

CAROLINE MIQUEL
LES BONNES RECETTES DE TANTE CAROLINE

Anchovy and Egg Custard

Anjovismunahyydyke

This dish may be made with sprat, smoked herring or kipper fillets instead of the anchovy fillets.

	To serve 4	
6	eggs	6
12	anchovy fillets	12
½ litre	milk	16 fl oz
	salt and pepper	

Bring the milk almost to the boil, then remove it from the heat and let it cool a little. Meanwhile, fork the eggs lightly together, with a little seasoning, and combine them with the milk. Stir a little, but do not beat.

Dispose the anchovy fillets in the bottom of a buttered oven dish, pour the mixture over them and set the dish to cook in a bain-marie in an oven preheated to 200°C (400°F or Mark 6). It will be ready in 40 minutes, when the custard is set.

ALAN DAVIDSON
NORTH ATLANTIC SEAFOOD

Eggs Poupette

Les Oeufs Poupette

	To serve 6	
6	eggs, beaten	6
75 g	green bacon, rind removed, blanched and diced	2½ oz
1	small onion, chopped	1
60 g	butter	2 oz
1 tbsp	flour	1 tbsp
2	tomatoes, skinned, seeded and chopped	2
30 cl	chicken or veal stock (*page 165*)	½ pint
	salt and pepper	
	thyme	
30 cl	milk, boiled and slightly cooled	½ pint

In a saucepan cook the bacon and onion with 30 g (1 oz) of the butter until they begin to turn golden. Sprinkle the flour on top and stir with a wooden spoon to cook well. Add the tomato pulp and the stock, and continue to stir to make a smooth, creamy sauce. Season with salt and pepper, and add a little thyme. Cover and cook over a gentle heat, using a fireproof mat if necessary, for about 25 minutes.

Beat the eggs with the milk. Melt the remaining butter and add it, with salt and pepper, to the eggs and milk. Beat again over a very low heat, on a fireproof mat, until the liquid begins to froth. Butter individual dishes and pour in the mixture. Cook in a bain-marie in an oven preheated to 190°C (375°F or Mark 5) for a good 20 minutes or until the mixture is set.

When ready, take the eggs from the oven and allow them to cool slightly. Unmould them on to a warm serving dish. Sieve the sauce, reheat it if necessary, and pour it over the egg moulds. Serve immediately.

CAROLINE MIQUEL
LES BONNES RECETTES DE TANTE CAROLINE

Steamed Egg Custard with Bean Curd

Kōya Mushi

Mitsuba, *or trefoil, is a pungent herb used in salads and soups.* Dashi *is a Japanese soup stock, sold in dried, powdered form, usually made with dried seaweed and bonito. These ingredients, as well as* tōfu *(bean curd),* sake *(rice wine) and* yurine *(lily root), are available in Oriental grocery stores.*

	To serve 6	
6	eggs, lightly beaten	6
500 g	*tōfu*, drained and cut into 5 cm (2 inch) squares	1 lb
12	scallops, shelled	12
	salt	
2 tbsp	*sake* (optional)	2 tbsp
6	large mushrooms, stems trimmed	6
1	*yurine*, separated into segments, blanched in salted water for 5 minutes (optional)	1
1.5 litres	*dashi* or chicken stock (*page 165*)	2½ pints
60 g	spinach, *mitsuba* or watercress, coarsely chopped	2 oz

Arrange the *tōfu* in the bottoms of six individual casseroles. Season the scallops with a little salt and, if desired, a sprinkling of *sake.* Arrange the scallops, mushrooms and *yurine* segments on top of the *tōfu.*

Heat the stock and add it to the eggs, mixing well. Strain this custard and pour it carefully into the casseroles. Put the casseroles in a baking tin and pour boiling water into the tin until it comes half way up their sides. Bake in an oven preheated to 180°C (350°F or Mark 4) for 15 minutes. Add the greens to the casseroles, gently pushing them down into the custard. Return to the oven and continue to bake until set, about 20 minutes more. Serve hot.

PETER AND JOAN MARTIN
JAPANESE COOKING

Polenta Baked with Ham and Beaten Eggs

Polenta Pastizada con Prosciutto e Uova Battute

To make the polenta, bring 1 litre (1¾ pints) of salted water to the boil. Gradually sprinkle in 500 g (1 lb) of yellow cornmeal, stirring constantly with a wooden spoon. Stir over a low heat for at least 30 minutes, thinning with boiling water if the mixture becomes too solid to stir. The polenta is done when it is fairly elastic and comes away easily from the sides of the pan.

	To serve 6	
12	eggs, beaten with salt and pepper	12
500 g	yellow cornmeal, cooked until thick	1 lb
60 g	butter, flaked	2 oz
300 g	prosciutto or other raw or cooked cured ham, cut into small pieces	10 oz
150 g	Parmesan cheese, grated	5 oz

Pour the cooked polenta on to a moistened table top or marble slab. With a knife blade repeatedly dipped in boiling water, spread it to a thickness of 1 cm (½ inch). Allow the polenta to cool, then slice it crosswise into strips.

Butter a large shallow oven dish and arrange the slices of polenta in layers, first lengthwise and then crosswise, covering each layer with pieces of ham, grated cheese, flakes of butter and beaten egg. The last layer should be covered only with grated cheese and butter flakes.

Bake in an oven preheated to 220°C (425°F or Mark 7) for about 15 minutes or until the top is golden-brown. Serve the remaining cheese separately.

LUIGI CARNACINA AND VINCENZO BUONASSISI
IL LIBRO DELLA POLENTA

Sausage and Egg Pie

Torta di Salsiccia

Serve this sausage and egg pie for lunch with salad, or as an appetizer in small wedges.

	To serve 6 to 10	
12	eggs, beaten	12
1 kg	fresh Italian pork sausage	2 lb
2 tbsp	finely chopped parsley	2 tbsp
45 g	Parmesan or Romano cheese, grated	1½ oz
	salt and pepper	
500 g	shortcrust dough (*page 166*)	1 lb

Remove the casing from the sausage, and brown the meat in a large frying pan over a medium heat. Remove from the heat. Add the parsley, cheese, and salt and pepper to taste to the eggs. Add the sausage and mix well. Set the mixture aside.

Roll out half of the dough and line the bottom of a baking tin 20 by 20 by 5 cm (8 by 8 by 2 inches). Pour the sausage and egg mixture into the pie shell, and then cover the filling with the remaining dough.

Bake the pie in an oven preheated to 180°C (350°F or Mark 4) for 1 hour, or until the top crust is golden. Remove the pie from the oven and let it cool before slicing.

JOE FAMULARO AND LOUISE IMPERIALE
THE FESTIVE FAMULARO KITCHEN

Golden Tripe

For the court-bouillon used in this recipe, simmer 1.25 litres (2 pints) of water for 30 minutes with one onion stuck with two cloves, two celery sticks, one carrot, one bouquet garni and eight peppercorns. Strain before using.

	To serve 6	
4	eggs	4
1 kg	tripe	2½ lb
¾ litre	court-bouillon (*page 167*)	1¼ pints
1	garlic clove, finely chopped	1
6 to 8 tbsp	finely chopped parsley	6 to 8 tbsp
4 tbsp	olive oil	4 tbsp
125 g	bacon, finely chopped	4 oz
1	onion, thinly sliced	1
	salt and freshly ground pepper	
5 tbsp	freshly grated Parmesan cheese	5 tbsp

Cover the tripe with court-bouillon and simmer it, covered, for about an hour or until tender. Drain it, reserving the stock, and cut the tripe into 4 cm (1½ inch) squares. Sauté the garlic and parsley in 2 tablespoons of the olive oil until the garlic is golden. Remove the garlic and parsley with a slotted spoon.

Add the remaining oil, bacon and onion slices, and sauté until the onions are limp. Add the garlic and parsley mixture, tripe, and salt and pepper to taste. Simmer for 2 to 3 minutes.

Add 15 cl (¼ pint) of the reserved tripe stock; cover and cook over a low heat for about 30 minutes. Just before serving, beat the eggs together with the cheese. Pour this mixture over the tripe; stir lightly and cook until the eggs are just set, about 1 to 2 minutes. The mixture should have a creamy consistency. Serve the tripe immediately.

JANA ALLEN AND MARGARET GIN
OFFAL

Shrimp and Potato Baked Omelette

Maaquouda aux Crevettes

Harissa *is a hot pepper condiment, much used in North African cooking. Like the Provençal* rouille, *it varies to taste, but the basic ingredients are garlic, hot red chili peppers and cumin, pounded to a paste in olive oil.*

To serve 4 to 6

6	eggs	6
250 g	large shrimps	8 oz
250 g	potatoes, boiled in salted water and mashed	8 oz
½ litre	court-bouillon (*page 167*)	16 fl oz
4 tbsp	chopped parsley	4 tbsp
1	small onion, very thinly sliced	1
10 cl	oil	3½ fl oz
1 tbsp	*harissa*, diluted in 17.5 cl (6 fl oz) water (optional)	1 tbsp
	salt and pepper	

Simmer the shrimps in the court-bouillon for about 5 minutes. Peel them, cut the flesh into small dice, and mix with the potatoes, parsley, onion, oil, *harissa* and eggs. Season the mixture to taste, spread it in an ovenproof dish, and bake in an oven preheated to 180°C (350°F or Mark 4) for about 30 minutes or until the surface is browned.

M. KOUKI
POISSONS MÉDITERRANÉENS

Egg Soufflé with or without Ham

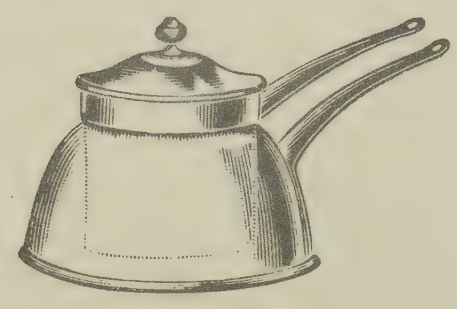
Oeufs Frais Soufflés avec ou sans Jambon

To serve 6

6	eggs, 3 hard-boiled, yolks of 3 separated from whites, whites stiffly beaten	6
30 g	dry breadcrumbs	1 oz
20 cl	milk, warmed	7 fl oz
	salt and pepper	
	grated nutmeg	
50 g	butter, or 20 g (¾ oz) butter and 10 cl (3½ fl oz) double cream	2 oz
75 g	cooked ham, finely chopped (optional)	2½ oz

Stir the breadcrumbs into the milk, and leave to soak until the mixture forms a thick paste. Quarter the hard-boiled eggs lengthwise, remove the yolks, and arrange the whites in a star shape in a deep ovenproof dish. Mash the hard-boiled yolks with the breadcrumb mixture and the raw yolks. Season with salt, pepper and nutmeg. Melt 30 g (1 oz) of the butter and add it or the cream, with the ham if you are including it. Fold in the beaten egg whites, and pour the mixture over the hard-boiled egg whites in the dish. Dot with the remaining butter, and bake in an oven preheated to 220°C (425°F or Mark 7) for 15 to 20 minutes. Serve at once when the soufflé is well risen.

ÉDOUARD M. NIGNON (EDITOR)
LE LIVRE DE CUISINE DE L'OUEST-ÉCLAIR



Lamb and Haricot Beans with Tuna

Tajine au Thon à l'Huile

To serve 4

6	eggs, beaten	6
250 g	lamb, boned and cut into small pieces	8 oz
50 g	dried haricot beans, soaked in water overnight and drained	2 oz
150 g	tuna, crumbled	5 oz
	salt and pepper	
1	small onion, thinly sliced	1
10 cl	olive oil	3½ fl oz
1 tbsp	puréed tomato	1 tbsp
1 tsp	cayenne pepper	1 tsp
1	small slice dry bread, grated	1
30 g	butter, melted	1 oz

Season the lamb with salt and pepper and brown it with the onion in the oil over a high heat for about 2 minutes. Add the beans, puréed tomato and cayenne pepper, cover with water, bring to the boil, reduce the heat and let the mixture simmer for 1 hour. Remove from the heat; spoon out and reserve half the sauce. Let the meat cool in the remaining sauce.

Add the tuna and bread to the cooled meat mixture, then mix in the eggs and a pinch of pepper. Taste for salt, spread the mixture in an ovenproof dish, and bake it in an oven preheated to 180°C (350°F or Mark 4) for about 30 minutes, until set and well browned. Reheat the reserved sauce. Sprinkle the dish with melted butter and serve hot with the sauce.

M. KOUKI
POISSONS MÉDITERRANÉENS

Egg and Chard Croquettes

Ovi in Sublisì

To make an egg sauce to serve with these croquettes, stir two egg yolks in a bowl with a tablespoon of cold water. Over a low heat, melt 60 g (2 oz) unsalted butter in a heavy saucepan, add 3 tablespoons flour and stir until the mixture begins to bubble. Off the heat, whisk in 60 cl (1 pint) of tepid salted water; return the pan to the heat and continue whisking until the mixture boils. Allow to cool for a minute, then add the egg yolks and return the pan to the heat. Whisk until the sauce has thickened slightly. Do not allow it to boil. Off the heat, add 1 tablespoon lemon juice and 175 g (6 oz) unsalted butter cut into small pieces, and whisk steadily until the sauce is smooth. Correct the seasoning and serve immediately.

	To serve 3 or 4	
4	eggs, beaten	4
100 g	Swiss chard leaves, parboiled, squeezed dry and chopped	3½ oz
30 g	butter or 2 tbsp olive oil	1 oz
1	spring onion, chopped	1
1 tsp	chopped fresh sweet marjoram leaves and flowers	1 tsp
1 tbsp	toasted almonds, chopped	1 tbsp
	salt and pepper	
¼ tsp	ground cinnamon	¼ tsp
15 cl	milk	¼ pint
100 g	flour	3½ oz
60 g	Parmesan or *provolone* cheese, grated	2 oz
100 g	dry breadcrumbs	3½ oz
	olive oil for deep frying	
	egg sauce	

For the croquettes, first heat the butter or oil in a saucepan and add the chard, spring onion, marjoram, almonds, salt, pepper and cinnamon. Stir in the milk, and cook over a low heat until the liquid is almost completely absorbed. Add about 1 tablespoon of the flour, half of the beaten eggs and all of the cheese, and mix well. Cook for a minute or two longer until the mixture is thick, then allow it to cool. Shape the mixture into small cylinders, roll them in the remaining flour, then in the remaining eggs and finally in the breadcrumbs. Fry these croquettes in deep oil until golden-brown, 5 to 10 minutes. Drain them on absorbent paper and serve accompanied by an egg sauce.

IPPOLITO CAVALCANTI, DUCA DI BUONVICINO
CUCINA TEORICO PRATICA

Egg Sausage

These sausages may be treated like any meat sausage: sautéed or poached, or sliced and eaten cold.

	To serve 4	
6	eggs, beaten until frothy	6
1 tsp	salt	1 tsp
½ tsp	white peppercorns, cracked	½ tsp
¼ tsp	cayenne pepper	¼ tsp
1 tsp	finely chopped chives	1 tsp
1 tsp	finely chopped onion	1 tsp
1 tsp	finely chopped sweet green pepper	1 tsp
1 tsp	finely chopped olives	1 tsp
¼ litre	double cream	8 fl oz
2	sausage casings, 2.5 cm (1 inch) in diameter, 20 cm (8 inches) long	2

Add to the eggs all the ingredients except the cream and the sausage casings. Beat in the cream.

Tie one end of each sausage casing very tightly with string. Use a large funnel to fill the casings with the egg mixture and tie off the tops, leaving about 5 cm (2 inches) of the casing unfilled to allow for expansion. Bring a large pot of water to a rolling boil and drop in the filled casings. Remove from the heat and let stand for 30 to 45 minutes, occasionally stirring with a spoon (which avoids punctures) so that the filling does not separate. Have a pot of cold water ready and, when the sausages are firm, remove them from the hot water and drop them into the cold water. Let them stand for 30 minutes. Store under refrigeration; they keep well.

MEL MARSHALL
THE DELECTABLE EGG AND HOW TO COOK IT

Fried Larded Milk

Lait Lardé

To serve 4

8	eggs, beaten	8
1 litre	milk	1¾ pints
250 g	green bacon, rind removed, diced	8 oz
1 tsp	grated fresh ginger root, or ¼ tsp ground ginger	1 tsp
	powdered saffron	
30 g	lard	1 oz
	salt and pepper	

Lightly grease a frying pan with the bacon rind. Place the pieces of bacon in the pan. Brown the bacon well over a low heat, then remove from the pan.

Bring the milk to the boil. In a large bowl, season the eggs with the ginger and a pinch of saffron. Pour the milk slowly into the bowl with the eggs, stirring constantly with a wooden spoon. Add the bacon. Pour into a buttered soufflé dish. Place the dish in a shallow pan of water and bake in an oven preheated to 170°C (325°F or Mark 3) for 35 minutes or until the mixture is set.

Remove the dish from the oven and allow to cool. Put a small plate directly on top of the custard; then put a paperweight or similar heavy object on top of the plate in order to compress the custard. Leave overnight.

Turn out the custard and cut it into thin slices. Fry the slices in hot lard. Add salt and pepper to taste. Serve very hot.

CÉLINE VENCE AND ROBERT COURTINE
THE GRAND MASTERS OF FRENCH CUISINE

Cheese

Cheese Custard

To serve 4

125 g	Cheddar cheese, grated	4 oz
½ litre	milk	16 fl oz
2	eggs, lightly beaten	2
	salt and pepper	
	cayenne pepper	
1 tsp	mustard	1 tsp

Stir the cheese and milk over a low heat until the cheese has melted; the milk must not boil. Remove the pan from the heat, add the eggs and season with salt, pepper, a pinch of cayenne and the mustard. Pour the mixture into an ovenproof dish, or into four individual casseroles or ramekins, and bake in an oven preheated to 180°C (350°F or Mark 4) until set—about 20 minutes for a large dish and 10 minutes for small ones.

MARY MACKIRDY
RECIPES FOR YOU

Cheese and Bacon Cream

Crème au Lard

To serve 2 to 4

125 g	cheese, grated (preferably Gruyère)	4 oz
¼ litre	double cream	8 fl oz
1	egg, beaten	1
2	thin rashers bacon, crisply fried and broken into small pieces	2

Mix the cheese, cream and egg together well; add the crisp bacon pieces. Fill buttered, individual soufflé dishes (one to each person) with the mixture and cook in an oven preheated to 180°C (350°F or Mark 4) for about 20 minutes, until the mixture is set and slightly browned.

X. MARCEL BOULESTIN
A SECOND HELPING OR MORE DISHES FOR ENGLISH HOMES

Cheese and Egg Custard

Pain d'Oeufs à la Villageoise

To serve 8 to 10

500 g	curd cheese, drained in a cloth if very soft	1 lb
10	eggs, beaten	10
	salt and pepper	
	grated nutmeg	
100 g	butter, worked until soft (optional)	3½ oz
½ litre	milk, warmed	16 fl oz
100 g	green bacon, diced, blanched if very salty	3½ oz
17.5 cl	double cream, warmed	6 fl oz

Mix the cheese in a bowl with the salt and pepper and a pinch of nutmeg. Add the butter, unless the cheese is very rich and creamy. Mix the eggs and milk into the cheese.

Fry the bacon pieces for 2 to 3 minutes or until they start to crisp. Use them to line a 2 litre (3½ pint) charlotte mould or two 1 litre (1¾ pint) moulds.

Pour the cheese mixture into the mould. Place the mould in a bain-marie and bake in an oven preheated to 170°C (325°F or Mark 3) until the custard has set, about 40 minutes for the two smaller moulds, or at least 1 hour for the large mould. Remove the custard from the bain-marie and set it aside for 10 minutes to settle.

To serve, unmould the custard and pour the warmed double cream over it. Serve hot.

PHILÉAS GILBERT
LA CUISINE DE TOUS LES MOIS

Cheddar Cheese Pudding

To serve 2

60 g	mature Cheddar cheese, grated	2 oz
30 cl	milk	½ pint
60 g	fresh white breadcrumbs	2 oz
	salt and pepper	
½ tsp	mustard	½ tsp
1	egg, lightly beaten	1

Boil the milk, pour it over the breadcrumbs, add the cheese, seasonings and mustard and stir in the egg. Pour the mixture into a greased 60 cl (1 pint) pie dish, and bake in an oven preheated to 190°C (375°F or Mark 5) for about 30 minutes. It should be golden-brown and well risen. Serve at once.

AUDREY PARKER
COTTAGE AND COUNTRY RECIPES

Gratin of Ricotta

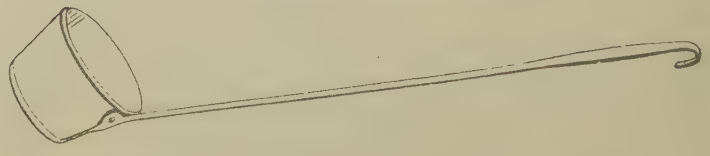
Ricotta Gratinata

To serve 6

250 g	*ricotta* cheese	8 oz
100 g	flour	3½ oz
1	egg	1
6 tbsp	milk	6 tbsp
	salt	
60 g	parsley, finely chopped	2 oz
60 g	prosciutto ham, diced	2 oz
30 g	salami, diced	1 oz
30 g	butter	1 oz
4 tbsp	grated Parmesan cheese	4 tbsp

Mix the flour and egg in a small earthenware bowl. Add the *ricotta* and dilute with the milk, beating the mixture until it is like a thick cream. Season with a pinch of salt and add the parsley, ham and salami. Butter a flat 20 cm (8 inch) baking dish and pour in the *ricotta* mixture. Dot with butter and sprinkle with the Parmesan. Bake in an oven preheated to 190°C (375°F or Mark 5) for 20 minutes or until the mixture is firm and browned. Serve hot.

LUIGI VOLPICELLI AND SECONDINO FREDA
L'ANTIARTUSI: 1000 RICETTE



Cheese the Shopski Fashion

Pecheno Sirene po Shopski

Before use, the** feta **cheese should be rinsed and, for a less salty cheese, it can be soaked in cold water for up to 1 hour. This recipe may be varied by adding frankfurters, salami or grilled sweet peppers, diced and added with the tomatoes.

To serve 4

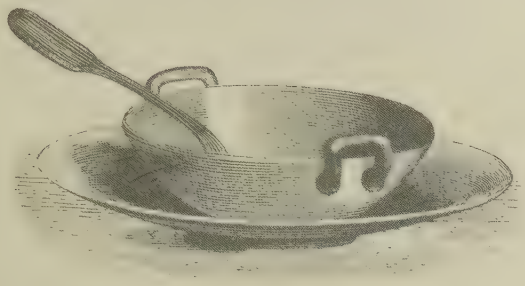
400 g	*feta* cheese, coarsely crumbled	14 oz
200 g	tomatoes, chopped	7 oz
50 g	butter, sliced	2 oz
8	eggs	8
	salt	
4	fresh green or red chili peppers	4
	paprika	

Butter four small, earthenware ovenproof bowls and distribute the cheese among them. Put the chopped tomatoes over the cheese, then add half the butter. Bake the mixture near

the top of an oven preheated to 200°C (400°F or Mark 6) for 10 to 12 minutes or until the cheese has melted.

Whisk the eggs lightly with a pinch of salt and pour them over the tomato and cheese mixture. Into each bowl put a whole fresh chili pepper. Add the remaining butter and sprinkle each bowl with a pinch of paprika. Return the bowls to the oven and bake for a further 10 to 15 minutes, or until the tops are a deep copper brown. Serve hot.

BULGARIAN CUISINE



Ham and Cheese Pudding

Nelle Savoyarde

To serve 4

60 g each	Gruyère and Parmesan cheese, grated and mixed	2 oz each
10 to 12	slices cooked ham	10 to 12
6	eggs, well beaten	6
60 g	butter	2 oz
45 g	flour	1½ oz
½ litre	milk	16 fl oz
	salt and pepper	
	freshly grated nutmeg	
30 cl	tomato sauce (*page 167*)	½ pint

Line a buttered charlotte mould with the ham slices. Melt the butter and blend in the flour. Gradually add the milk and cook, stirring, until the sauce is thick and smooth. Season to taste with salt, pepper and a little nutmeg, and stir in the cheese. Remove from the heat and stir into the eggs.

Pour the cheese sauce into the ham-lined mould, cover the mould with aluminium foil, tying it down firmly. Place the mould on a rack over boiling water in a deep saucepan, cover the pan and steam the pudding for 1¼ hours, replenishing the water when it evaporates too much.

Remove the mould from the steamer and take off the foil. Bake it in an oven preheated to 180°C (350°F or Mark 4) for 15 to 20 minutes or until it is completely set. Unmould it and serve with the tomato sauce.

JAMES BEARD
HOW TO EAT BETTER FOR LESS MONEY

Parmesan Bavarian Cream

Parmesan Bavarois

Essentially this is a Bavarian cream, but it is not sweetened and it is not a dessert but rather a cold entrée. In France it might be spooned directly from its own glass bowl or terrine. Others may prefer to mould it, in a ring perhaps, and garnish it with hearts of round or cos lettuce.

To serve 4

30 g	Parmesan cheese, grated	1 oz
30 cl	milk	½ pint
4	egg yolks, beaten	4
1 tsp	powdered gelatine	1 tsp
12.5 cl	double cream, whipped	4 fl oz

Put ¼ litre (8 fl oz) of the milk in a saucepan over a medium heat. When it is about to boil, pour the milk over the egg yolks and stir well. Return the mixture to the saucepan, place over a low heat, and stir without boiling until the mixture coats the spoon. Remove the custard from the heat and cool it, stirring occasionally to prevent a skin from forming.

Soften the gelatine in the remaining milk, heat the mixture, stirring constantly, and add it to the custard. Stir to dissolve the gelatine thoroughly. Add the cheese, and allow the mixture to cool completely. Fold in the whipped cream and pour the mixture into a serving dish or mould. Place the dish in the refrigerator for at least 1 hour or until the cream is set. Unmould, if desired, to serve.

ALICE B. TOKLAS
AROMAS AND FLAVORS OF PAST AND PRESENT

Baked Rarebit

To serve 4

175 g	Cheddar cheese, thinly sliced	6 oz
125 g	fresh breadcrumbs	4 oz
2	eggs, lightly beaten	2
30 cl	milk	½ pint
	salt and pepper	

Butter a fairly deep ovenproof dish and put in some of the cheese slices, then a layer of crumbs. Repeat the layers until the dish is about three-quarters full. Mix the eggs with the milk and seasoning and pour over the cheese and crumbs. Bake uncovered in an oven preheated to 180°C (350°F or Mark 4) for about 30 minutes, or until the mixture is set and golden-brown on top.

MARY MACKIRDY
RECIPES FOR YOU

Farmer's Loaf

	To serve 4	
500 g	cottage cheese	1 lb
60 g	butter, softened	2 oz
125 g	ham, diced	4 oz
6	eggs, well beaten	6
	salt and pepper	
	Butter sauce	
90 g	butter	3 oz
1 tbsp	flour	1 tbsp
15 cl	salted water	¼ pint
4 tbsp	double cream (optional)	4 tbsp

Put the cottage cheese into a bowl and work into it the softened butter. Mix in the diced ham. Salt and pepper the eggs well, work them by degrees into the cheese and ham, and then pour the mixture into a buttered mould. Stand the mould in a pan of water and put it into an oven preheated to 180°C (350°F or Mark 4) for 1 hour until it is set. Turn it out on to a dish, and serve either hot with butter sauce or cold with salad.

For the sauce, melt 60 g (2 oz) butter in a saucepan, add the flour and stir until it is well blended, then add the water gradually until all is absorbed, stirring constantly so that no lumps can form. Let the mixture boil for a minute or two, then take the pan off the stove and stir in 30 g (1 oz) of butter as soon as the sauce has ceased to boil. A little cream is a great improvement, added when the last ounce of butter has been smoothly absorbed into the sauce.

MARY AYLETT
COUNTRY FARE

Golden Vale Savoury, Cheese Pudding

	To serve 4	
175 g	curd or cream cheese	6 oz
8	thin slices dry bread	8
3	eggs, beaten	3
15 cl	stock (*page 165*)	¼ pint
1 tbsp	dry breadcrumbs	1 tbsp
	salt and pepper	

Spread the slices of bread with 125 g (4 oz) of the cheese. Layer the slices in a 90 cl (1½ pint) pie dish that will be three-quarters full when the bread has been added.

Mix together the eggs and the stock, and cover the bread with the mixture. Sprinkle the top with the breadcrumbs. Put small dots of the remaining cheese on top of the crumbs. Cover the dish and bake in an oven preheated to 200°C (400°F or Mark 6) for about 30 minutes, or until the egg mixture has set. Before serving, place the dish, uncovered, under the grill for about 3 minutes to brown the top.

IRISH RECIPES TRADITIONAL AND MODERN

Pizza Casserole

Pizza-Soufflé

	To serve 6	
750 g	*mozzarella*, Bel Paese or *fontina* cheese, sliced	1½ lb
20	thin slices white bread	20
About 60 cl	milk	About 1 pint
60 cl	tomato sauce (*page 167*)	1 pint
1 tbsp	finely chopped oregano	1 tbsp
6	eggs	6
4 to 5 tbsp	grated Parmesan cheese	4 to 5 tbsp
40 g	butter, cut into small pieces	1½ oz

Soak the bread slices in the milk for 15 minutes, then drain off the excess liquid. Line the bottom of a large, buttered casserole with bread slices. Top with a layer of tomato sauce, sprinkle with a little oregano, and add a layer of cheese.

Continue making the layers, finishing by covering the last layer of bread with just the tomato sauce and oregano. The casserole should be nearly full.

Beat the eggs with the Parmesan cheese. Pour the mixture over the bread and, with a fork, pierce through the layers in three or four places until the egg mixture is completely absorbed by the bread.

Distribute the butter pieces over the top, and bake in an oven preheated to 180°C (350°F or Mark 4) for about 1 hour or until the top is browned and puffed.

LES PETITS PLATS ET LES GRANDS

Baked Aubergine, Mozzarella, Eggs and Tomatoes

Tortino di Melanzane e Mozzarella

To serve 3 or 4

250 to 350 g	*mozzarella* cheese, cut into 5 mm (¼ inch) slices	8 to 12 oz
4	aubergines, about 15 cm (6 inches) long, trimmed, peeled and cut into 5 mm (¼ inch) slices	4
3	eggs, hard-boiled and sliced	3
2	large ripe tomatoes, skinned and cut into 5 mm (¼ inch) slices	2
	salt and freshly ground pepper	
4	anchovy fillets, chopped	4
60 g	flat-leaf parsley	2 oz
15 g	fresh basil leaves or 2 tbsp dried basil	½ oz
2	garlic cloves	2
4 tbsp	olive oil	4 tbsp

Put the slices of aubergine on a large platter and sprinkle each slice with about ⅛ teaspoon of salt. Let the slices stand at room temperature to draw out their excess moisture. Drain the slices and dry them between sheets of kitchen paper. Spread a little of the anchovies on each tomato slice.

In a buttered, shallow ovenproof dish (about 20 by 25 cm or 8 by 10 inches) which can go to the table, or a pie dish (25 cm or 10 inches), make overlapping rows of the slices of aubergine, egg, tomato and *mozzarella*, in that order. Sprinkle with very little salt (the aubergine slices and the anchovies are salty) and freshly ground pepper.

Finely chop together the parsley, basil and garlic. Sprinkle the mixture over the vegetables and cheese, and sprinkle everything with olive oil. Cover the dish with aluminium foil. Bake in an oven preheated to 180°C (350°F or Mark 4) for 30 minutes. Remove the aluminium foil and bake for about 10 minutes longer, to let any excess moisture in the dish evaporate. The cheese should begin to brown. Serve hot, lukewarm or cold, but not chilled.

NIKA HAZELTON
THE REGIONAL ITALIAN KITCHEN

Brioche Baked with Cheese

Brioche Dauphinoise

Brioche is a yeast bread rich in eggs and butter. For this recipe, using bread slices, a loaf-shaped brioche is preferable to the traditional round form.

To serve 8

300 g	*tomme de Savoie* cheese, diced	10 oz
300 g	Beaufort or Gruyère cheese, diced	10 oz
8	slices brioche, 5 mm (¼ inch) thick	8
35 cl	milk	12 fl oz
	pepper	
20 cl	double cream	7 fl oz

Twenty-four hours before making this dish, cover the cheeses with the milk and let the mixture stand, refrigerated.

The next day, butter heavily a 2 litre (3½ pint) casserole or ovenproof dish. Force the cheese mixture through a sieve, season with pepper, and add the cream. Arrange the brioche slices in the casserole in three layers, pour the cheese mixture over the top, and bake in an oven preheated to 180°C (350°F or Mark 4) for 30 minutes or until brown on top and underneath.

ANDRÉ GUILLOT
LA GRANDE CUISINE BOURGEOISE

Farmhouse Macaroni and Cheese

To serve 4

500 g	mature Cheddar cheese, coarsely grated	1 lb
250 g	macaroni, boiled in salted water until barely tender, drained	8 oz
15 g	butter	½ oz
¼ litre	milk	8 fl oz
2	eggs, beaten	2
1 tsp	salt	1 tsp
⅛ tsp	pepper	⅛ tsp

Turn the macaroni into a greased 1.5 litre (2½ pint) baking dish, and toss it with the butter until the butter is melted. Add 350 g (12 oz) of the cheese and toss it with the macaroni. Mix the milk, eggs, salt and pepper. Pour this mixture over the macaroni. Sprinkle with the remaining cheese.

Bake in an oven preheated to 170°C (325°F or Mark 3) for 30 minutes or until the milk is absorbed and the cheese on top is melted into a golden mass.

JEANNE A. VOLTZ
THE FLAVOR OF THE SOUTH

Bread Pudding with Sliced Cheese

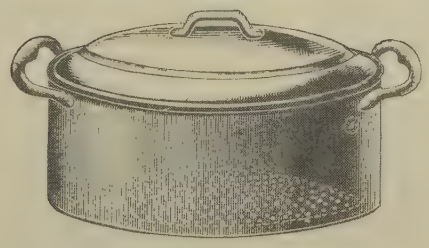
Ramequin mit Käsescheiben

To serve 4

8	slices Gruyère cheese—about 250 g (8 oz)	8
8	slices bread	8
60 cl	milk	1 pint
2	eggs, lightly beaten	2
	salt	
	grated nutmeg	

Place alternate layers of bread and cheese, with the slices overlapping in each layer, in a buttered pie dish. Finish with a layer of cheese. Mix together the milk, eggs, salt and nutmeg, and pour this mixture over the bread and cheese. Stand the pie dish in a bain-marie and bake for 30 minutes in an oven preheated to 220°C (425°F or Mark 7). The top should be golden and the egg and milk mixture set.

EVA MARIA BORER
TANTE HEIDI'S SWISS KITCHEN



Baked Rice and Cheese

To serve 6

250 g	Cheddar cheese, grated	8 oz
500 g	cooked rice	1 lb
	salt	
	cayenne pepper	
About ¼ litre	milk	About 8 fl oz
60 g	dry breadcrumbs	2 oz
30 g	butter, cut into small pieces	1 oz

Arrange a layer of rice in a greased baking dish, cover with a layer of grated cheese and season with salt and cayenne pepper. Continue adding layers until the dish is almost full. Add enough milk to come half way to the top of the rice. Cover with breadcrumbs, dot with butter and bake in an oven preheated to 180°C (350°F or Mark 4) for 30 minutes.

RUTH BEROLZHEIMER (EDITOR)
THE AMERICAN WOMAN'S COOK BOOK

Scalloped Potatoes with Reblochon

Gratin de Pommes de Terre au Reblochon

Serve this hot, as an accompaniment to white meats or to poultry. The baking dish should be only half full; otherwise the cheese sauce will overflow.

To serve 4 to 6

500 g	*reblochon* cheese, mashed	1 lb
700to800g	potatoes, thinly sliced into rounds 3 mm (⅛ inch) thick	About 1½ lb
10 cl	double cream	3½ fl oz
20 cl	milk	7 fl oz
	salt and white pepper	
	grated nutmeg	
1	garlic clove, halved	1
30 g	butter	1 oz

Plunge the potatoes into boiling water for 3 minutes. Drain them, run cold water over them and drain again. In a saucepan, melt the *reblochon* cheese in the cream and milk over a very low heat. Add salt, pepper and nutmeg to taste.

Rub the cut sides of the garlic over the inside of a shallow casserole, then butter the dish well. Arrange the potatoes in the casserole and pour the cheese mixture over them.

Bake the potatoes in an oven preheated to 200°C (400°F or Mark 6) for 30 minutes. Reduce the heat to 170°C (325°F or Mark 3) and bake for a further hour, or until the top is well browned and the potatoes are completely soft.

PIERRE ANDROUËT
LA CUISINE AU FROMAGE

Pasta Strips with Cheese

Tagliarini al Formaggio

To serve 4

150 g	Gruyère cheese, grated	5 oz
125 g	Parmesan cheese, grated	4 oz
500 g	flour	1 lb
	salt	
3	eggs	3
12.5 cl	milk	4 fl oz
200 g	butter	7 oz
60 g	fresh white breadcrumbs	2 oz

Place the flour in a bowl with a pinch of salt and break the eggs into the centre. Mix well, adding the milk gradually to make a smooth paste. Set it aside in a cool place for 30 minutes. Roll

out this dough very thinly and allow it to dry before cutting it into long, thin strips (*tagliarini*).

Bring a large pan of salted water to the boil, add the *tagliarini* and simmer for 20 minutes or until tender. Beat 175 g (6 oz) of the butter until soft and stir in the grated cheeses. Drain the *tagliarini* and place a layer in the bottom of a 90 cl (1½ pint) baking dish. Sprinkle with some of the cheese and butter mixture. Repeat the layers until the dish is full, finishing with cheese. Sprinkle with the breadcrumbs and dot with the remaining butter. Bake in an oven preheated to 200°C (400°F or Mark 6) for 15 minutes or until the top is golden, and serve in the baking dish very hot.

ANDRÉ L. SIMON
CHEESES OF THE WORLD

Brie Tart

Tarte de Bry

This cheese tart should be eaten immediately, while it is still hot, as it puffs up rather dramatically. Like a soufflé, it is delicious cold as well, but not quite so impressive to look at. It could be made with any of the soft cheeses of northern France. It makes a delicious savoury ending to a meal—an interesting change from the usual pudding and a novel way of eating the cheese. Use either shortcrust or rough-puff dough.

To serve 4 to 6

225 g	very ripe Brie cheese, scraped from its crust	8 oz
250 g	shortcrust dough or rough-puff dough (*page 166*)	8 oz
1 to 2 tbsp	single cream (optional)	1 to 2 tbsp
2	eggs, beaten	2
1½ tsp	castor sugar	1½ tsp
1 tsp	ground ginger	1 tsp
¼ tsp	powdered saffron, dissolved in 1 tsp water	¼ tsp
	salt	

Line a 20 cm (8 inch) flan dish with the dough and bake it blind for 10 to 15 minutes in an oven preheated to 220°C (425°F or Mark 7). Allow the pastry case to cool.

Melt the cheese very slowly in the top of a double boiler, adding a little cream if it seems lumpy. Add the remaining ingredients, mixing thoroughly. Pour the mixture into the pastry case and bake it in an oven preheated to 190°C (375°F or Mark 5) for about 30 minutes or until lightly browned and puffy. Serve immediately.

MICHÈLE BROWN
FOOD BY APPOINTMENT

Cheese Pie

To serve 4

60 g	Cheddar cheese, grated	2 oz
250 g	shortcrust dough (*page 166*)	8 oz
60 g	butter	2 oz
60 g	porridge oats	2 oz
	salt	
½ tsp	mustard	½ tsp
1	egg, beaten	1

Roll out the dough and use it to line a 20 cm (8 inch) flan tin. Melt the butter in a saucepan. Take the pan from the heat and stir in the cheese, oats, a pinch of salt, the mustard and the egg. Mix well. Put the mixture into the lined tin and bake in an oven preheated to 180°C (350°F or Mark 4) for 30 minutes or until golden-brown. Serve with salad.

SHIRLEY M. HANSON (EDITOR)
FOOD FOR THOUGHT

Cheese and Herb Tart

Tarte Bourbonoise

To serve 6 to 8

750 g	curd cheese or *ricotta*	1½ lb
5	eggs	5
500 g	Swiss chard leaves, chopped	1 lb
30 g	parsley, chopped	1 oz
1 tbsp	chopped fresh marjoram flowers and leaves	1 tbsp
	salt and freshly ground pepper	
¼ tsp	powdered saffron, dissolved in 1 tbsp boiling water	¼ tsp
100 g	lard or butter, softened	3½ oz
1	baked shortcrust tart shell, 30 cm (12 inches) in diameter (*page 166*)	1

Mash the cheese in a bowl, and beat in four of the eggs. Add the chard, parsley, marjoram, salt and pepper, half of the dissolved saffron, and the lard or butter. Mix with your hands until thoroughly blended.

Fill the tart shell with the cheese mixture. Bake in an oven preheated to 200°C (400°F or Mark 6). After about 15 minutes, when the tart is half cooked, beat the remaining egg with the remaining saffron liquid and pour evenly over the surface of the tart. Continue to bake until the surface is golden and swelled at the centre.

BAPTISTE PLATINE DE CRÉMONNE
LE LIVRE DE L'HONNESTE VOLUPTÉ

Roquefort Quiche

Tarte Aveyronnaise

There is a good case for the use of two 15 cm (6 inch) tins for this quiche rather than one large one. It is a question of synchronization. In small tins, the yeast dough and the fillings are ready at precisely the same moment, whereas in one big tin the filling tends to cook more quickly than the dough. To a certain extent this depends upon your oven. It is in any case a wise precaution to use the buttered greaseproof paper covering as directed.

Roquefort cheese varies a good deal in quality. If it is very strong use a little less, and make up the difference with either extra cream or milk.

To make one 25 cm (10 inch) quiche or two 15 cm (6 inch) quiches

	Yeast dough	
150 g	strong plain bread flour, preferably unbleached	5 oz
7 g	fresh yeast or 1 tsp dried yeast, creamed with 2 tbsp tepid water	¼ oz
1 tsp	salt	1 tsp
1	egg	1
3 tbsp	double cream, or softened unsalted butter	3 tbsp
	Roquefort filling	
100 to 125 g	Roquefort cheese	3½ to 4 oz
3 tbsp	double cream	3 tbsp
2	eggs	2
4 tbsp	milk	4 tbsp
	freshly grated nutmeg	
	freshly ground pepper	
	salt	

To make the dough, warm the flour in a bowl, add the salt, then the egg and the creamed yeast. Mix all the ingredients into a light dough. Add the cream or softened butter and, with your hands, beat the dough into a soft batter. Dry this by sprinkling it with a little flour, form it into a bun, and cover the bowl with a plate or cloth. Leave in a warm place for approximately 2 hours, until the dough has doubled in volume and is light and spongy. Break it down, sprinkle again with flour, reshape into a bun. Unless you are going to use the dough at once, cover the bowl again, and this time leave it in a cold place—not the refrigerator—until next day.

To mix the filling, first mash the cheese to a paste. Add the cream. Stir rather gently until the two are amalgamated. Beat the eggs and the milk—the blender can be used for this operation but *not* for mixing the cheese and cream—and amalgamate the two mixtures. Season with nutmeg, pepper and salt to taste. Gentle stirring with a fork or spoon is necessary now, and there is no cause for worry if there are a few recalcitrant lumps of cheese in the filling. They will smooth themselves out during the cooking. On the other hand, over-vigorous whisking can curdle the cream and the cheese, a minor disaster which does not affect the flavour but results in a rather flat filling when the quiche is cooked.

When the time comes to cook the quiche, butter and flour one 25 cm (10 inch) tart tin with a removable base, or two smaller tins. Work the dough into a ball, and put this into the centre of the tin. Sprinkling the dough with flour from time to time, press it out gently with your knuckles until it covers the base of the tin. Leave it, covered with a sheet of polythene or greaseproof paper, and in a warm place, for about 25 minutes, until it has again become very pliable and is sufficiently risen to be gently pressed out again to line the sides of the tin.

To bake the quiche, preheat the oven to 220°C (425°F or Mark 7); spoon the filling into the dough-lined tin, and put this quickly on to a baking sheet on the centre shelf of the oven. Bake for 15 minutes before reducing the oven heat to 190°C (375°F or Mark 5), covering the filling with buttered paper and cooking the quiche for another 10 minutes. Serve quickly, before the filling sinks.

ELIZABETH DAVID
ENGLISH BREAD AND YEAST COOKERY

An Old-Fashioned Cheese Pastry

Flamiche à l'Ancienne

This pastry may be served as a first course, a light luncheon dish, or an accompaniment to drinks.

To serve 4

100 g	semi-ripe Maroilles cheese, broken up and mashed	3½ oz
150 g	flour	5 oz
2	eggs, beaten	2
4 tbsp	water	4 tbsp
	salt	
100 g	butter	3½ oz

Put the flour on a board and make a well in the centre. Add the eggs, water and salt, and incorporate them into the flour with your fingers. Knead the dough for about 10 minutes, until it is springy, then let it rest in a cool place for 30 minutes. Roll out the dough on a floured board to a thickness of 1.5 cm (½ inch).

Work together the cheese and butter, form the mixture into a ball, and place it in the centre of the dough. Fold the dough over and seal the edges to enclose the cheese mixture. Roll it to a thickness of 1.5 cm (½ inch) and fold it in half. Turn the dough through 90 degrees and roll it out again. This is the first turn. Let the dough rest for 15 minutes in a cool place,

then repeat the folding and rolling twice more, turning the dough through 90 degrees each time. The dough should be about 3 cm (1¼ inches) thick.

Butter a 20 cm (8 inch) pie plate and lay the dough in it. Bake it in an oven preheated to 200°C (400°F or Mark 6) for 35 minutes or until it is golden-brown

PIERRE ANDROUËT
LA CUISINE AU FROMAGE

Cheese Tart from Obwalden

Gâteau au Fromage d'Obwald

Sbrinz *is a hard, mature Swiss cheese similar to Parmesan.*

	To serve 6	
50 g	*Sbrinz* cheese, grated	2 oz
200 g	flour	7 oz
100 g	butter, softened	3½ oz
1 tbsp	vinegar, diluted with 10 cl (3½ fl oz) water	1 tbsp
¼ tsp	salt	¼ tsp
	Two cheese filling	
150 g	*Sbrinz* cheese, grated	5 oz
150 g	Emmenthal cheese, grated	5 oz
20 cl	milk	7 fl oz
20 cl	double cream	7 fl oz
2	eggs, yolks separated from whites, whites stiffly beaten	2
	salt and pepper	

Heap the flour on a pastry board and make a well in the centre. Into this, put the *Sbrinz* cheese, butter, diluted vinegar and salt. Mix the ingredients together with your fingertips to make a smooth dough. Roll it into a ball, wrap in a floured cloth and let it rest for 30 minutes in a cool place.

For the filling, mix the milk, cream and egg yolks. Fold in the whites. Season with salt and pepper.

Roll out the dough 4 mm (⅛ to ¼ inch) thick. Butter a 20 cm (8 inch) pie plate, line it with the dough, and prick all over with a fork. Dust with flour, sprinkle on the grated cheeses, and pour on the egg mixture. Place the tart on a baking sheet and put it into an oven, preheated to 200°C (400°F or Mark 6), for 30 to 35 minutes or until the filling is set and the top is golden.

PIERRE ANDROUËT
LA CUISINE AU FROMAGE

Italian Cheese Pie

Pizza Rustica

This pie may be made on a flat baking sheet, with the edges of the dough simply pinched together.

Pizza has a much wider meaning in Italy than it does in the United States or Britain. In its wider sense it means pie, and to call the following recipe a pizza would be misleading for anyone other than Italians.

In winter, two Italian pork sausages are added to the pie. They are first fried until brown, then skinned, and the meat crumbled and spread over the bottom of the dough before the rest of the filling is added.

	To serve 6	
300 g	*ricotta* or good quality cottage cheese	10 oz
150 g	smoked *provolone* or cheese, diced	5 oz
200 g	*mozzarella* cheese, diced	7 oz
150 g	Parmesan cheese, grated	5 oz
5	eggs, lightly beaten	5
125 g	Parma ham or salami, diced	4 oz
3 tbsp	chopped parsley	3 tbsp
	salt and pepper	
	Rich shortcrust dough	
350 g	flour	12 oz
175 g	butter	6 oz
2	small eggs, lightly beaten	2
	salt	

For the dough, sift the flour on to a pastry board and make a well in the centre. Work in the butter with your fingertips. Add the eggs and a pinch of salt. Working quickly, mix the ingredients to a dough. Put it aside in a floured bowl, cover and leave for 30 minutes.

To make the filling, mix the cheeses in a bowl and add four of the eggs, the ham or salami, parsley, and a pinch of salt and pepper. Put the mixture aside.

Divide the dough into two pieces, one slightly larger than the other. Roll both pieces into round sheets—sufficient to cover a 30 cm (12 inch) flan tin. Line the pan with the larger sheet of dough. Trim the edges. Spread it with the filling and cover with the remaining sheet of dough. Press down the edges firmly. Gather together the remaining ends of the dough and roll them into a strip, like a thin cord. Press this lightly round the edges. Prick the top of the pie all over with a fork. Brush the dough with the remaining egg.

Bake in an oven preheated to 190°C (375°F or Mark 5) for 1 hour or until the top is golden-brown. Serve warm or cold.

ADA BONI
ITALIAN REGIONAL COOKING

Country Cheese Pie

To serve 4

500 g	cottage cheese or curd cheese	1 lb
250 g	shortcrust dough (*page 166*)	8 oz
6 tbsp	yogurt	6 tbsp
½ tsp	ground coriander	½ tsp
¼ tsp	freshly grated nutmeg	¼ tsp
1 tbsp	chopped chives or spring onion	1 tbsp
1 tsp	sugar	1 tsp
	salt and pepper	
3	eggs, well beaten	3
30 g	Parmesan cheese, grated	1 oz

Preheat the oven to 190°C (375°F or Mark 5). Roll out the dough and line a 22 cm (9 inch) tart tin with it. Prick the bottom of the pie shell and bake blind for 10 minutes. Meanwhile mix together in a bowl the cottage or curd cheese, yogurt, coriander, nutmeg, chives or spring onion, sugar, salt and pepper. Taste the mixture for salt before adding any. Beat the cheese mixture with a wooden spoon until it is smooth. Add the eggs gradually and beat thoroughly again.

Pour the batter into the pie shell and smooth the top with a spatula. Sprinkle with the Parmesan cheese. Bake in the oven at 190°C (375°F or Mark 5), for 45 minutes or until the top is browned and puffy. Serve immediately.

CAROL CUTLER
THE SIX-MINUTE SOUFFLÉ AND OTHER CULINARY DELIGHTS

Cheese and Tomato Flan

To serve 4

175 g	Cheddar cheese, grated	6 oz
250 g	tomatoes, skinned and sliced	8 oz
250 g	shortcrust dough (*page 166*)	8 oz
2	eggs, lightly beaten	2
15 g	flour	½ oz
30 cl	milk	½ pint
	salt and pepper	
	butter	
8	anchovy fillets	8

Roll out the dough and use it to line a 20 cm (8 inch) flan tin. Bake the pastry blind for 15 minutes in an oven preheated to 180°C (350°F or Mark 4). Cool the pastry slightly.

Mix the cheese, eggs, flour and sufficient milk to make a soft paste, spread this over the pastry case and season with the salt and pepper. Place the sliced tomatoes over the cheese mixture. Dot with butter and seasoning, and bake in an oven preheated to 180°C (350°F or Mark 4) for 20 to 30 minutes or until the filling is set. Garnish with the anchovy fillets.

IRISH RECIPES TRADITIONAL AND MODERN

Pastry Boats with Blue Cheese Cream

Blauwschuitjes

For the technique of baking individual pastry cases blind, see the demonstration on page 37.

To serve 6

150 g	mild blue cheese, crumbled	5 oz
350 g	rough-puff dough (*page 166*)	12 oz
1	shallot, finely chopped	1
10 cl	dry white wine	3½ fl oz
6	eggs, lightly beaten	6
125 g	butter, flaked	4 oz
	salt and pepper	
	ground allspice	

Roll out the dough and use it to line 12 small, oval barquette moulds. Bake the pastry boats blind, then keep them warm while you make the cream.

In a saucepan, simmer the shallot in the wine over a gentle heat, until the wine is reduced by half. Rub the mixture through a fine sieve and cool.

In a second saucepan or fondue pan, put the eggs with the blue cheese, butter, salt, pepper and a pinch of allspice. Stir in the wine and mix with a wooden spoon over a very low heat until a smooth cream is obtained.

Fill the pastry boats with the warm cream and serve.

HUGH JANS
VRIJ NEDERLANDS KOOKBOEK

Cheese Pasties

Corniottes

To make 12 pasties

250 g	curd cheese	8 oz
250 g	Gruyère cheese, grated	8 oz
4	eggs, beaten	4
	salt and pepper	
3 tbsp	double cream or *crème fraîche*	3 tbsp
400 g	shortcrust dough (*page 166*)	14 oz

Mix the two cheeses into three of the beaten eggs, season with salt and pepper, and add the cream. Roll out the dough very thinly and cut it into 15 cm (6 inch) rounds, using the rim of a bowl as a guide. Place 2 to 3 tablespoons of the cheese mixture on each round. Fold the edges of the dough towards the centre on three sides, pinching the edges together to seal them. Brush the pasties with the remaining beaten egg. Bake in an oven preheated to 180°C (350°F or Mark 4) for 25 minutes or until the pasties are lightly browned.

JEHANNE JEAN-CHARLES
LE LEXIQUE DES BONS PETITS PLATS

Aunt Carla's Tart

Torta della Zia Carla

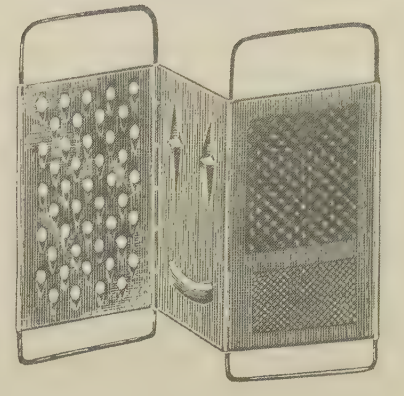
For the technique of baking pastry blind, see page 75.

To serve 6 to 8

125 g	Parmesan cheese, grated	4 oz
3	eggs, 1 lightly beaten	3
150 g	prosciutto or other raw cured ham, diced	5 oz
¼ litre	white sauce (*page 167*)	8 fl oz
500 g	shortcrust dough (*page 166*), made with 1 egg	1 lb

Line a buttered 25 cm (10 inch) pie plate with the dough. Brush the dough with the beaten egg, or line it with a piece of greaseproof paper filled with dried beans, and bake it blind. Remove the paper and beans. Stir the grated cheese, the two remaining eggs and the ham into the white sauce. Fill the pastry case with this mixture, return it to an oven preheated to 170°C (325°F or Mark 3) and bake for 20 minutes or until the filling is just set.

FERRUCCIO BOTTI (MASTRO PRESCIUTTO)
GASTRONOMIA PARMENSE OSSIA PARMA CAPITALE DEI BUONGUSTAI



Cheese Custard Tarts

Flans Suisses au Fromage

Scraps of puff pastry may be used in this recipe instead of the shortcrust. An alternative method is to bake the pastry cases blind at 180°C (350°F or Mark 4) for 10 to 15 minutes, or until they are three-quarters cooked. They are then filled with the mixture and baked for about 15 minutes in an oven preheated to 200°C (400°F or Mark 6).

To make 24 tartlets

4 tbsp	grated Parmesan cheese	4 tbsp
350 g	shortcrust dough (*page 166*)	12 oz
1 tbsp	flour	1 tbsp
4	eggs, yolks separated from whites, whites stiffly beaten	4
2	egg yolks	2
20 cl	single cream	7 fl oz
30 g	butter, cut in small pieces	1 oz
	grated nutmeg	
	sugar	
	pepper	
	salt	

Lightly oil 24 oval tartlet moulds. Roll out the dough thinly and line the moulds with it. Put the cheese in a bowl with the flour, six egg yolks and cream. Mix them together and pass the mixture through a fine sieve into a saucepan. Add the butter, a pinch each of nutmeg, sugar and pepper, and a very little salt. Place the pan over a moderate heat and stir until the butter has melted. Remove from the heat and fold in the egg whites. Divide the mixture equally among the pastry cases. Place them on baking sheets and bake in an oven preheated to 180°C (350°F or Mark 4) until the filling is set and the pastry golden-brown, about 20 minutes.

URBAIN DUBOIS AND ÉMILE BERNARD
LA CUISINE CLASSIQUE

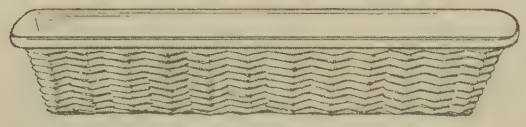
Cheese Whirls

To serve 4 to 6

150 g	Cheddar cheese, grated	5 oz
350 g	shortcrust dough (*page 166*) made with lard	12 oz
15 g	butter, softened	½ oz

Roll out the dough thinly into a rectangle and spread it lightly with the butter. Cover the dough with the grated cheese and roll it up as for a Swiss roll. Cut it into slices and place them on a baking sheet. Bake the cheese whirls in a hot oven, preheated to 220°C (425°F or Mark 7), for 15 to 20 minutes or until the pastry is lightly browned.

BEE NILSON (EDITOR)
THE WI DIAMOND JUBILEE COOKBOOK



Chester Cakes

These little cakes are also excellent without the filling, and they keep well in a tin.

To make about 12 filled cakes

175 g	Cheshire cheese, grated	6 oz
175 g	butter, softened	6 oz
175 g	flour	6 oz
	salt	
	cayenne pepper	
2 tbsp	double cream	2 tbsp
	Cheshire filling	
60 g	Cheshire cheese, grated	2 oz
60 g	butter, softened	2 oz

Cream the butter on a marble slab; then, with your hand, work in the flour, cheese, salt, cayenne and cream. Handle as lightly as possible. When blended, flour your hands, roll the mixture into a ball, and rest it in a cool place for about 1 hour.

Roll out the dough about 5 mm (¼ inch) thick; stamp out in 2.5 cm (1 inch) rounds. Bake in an oven preheated to 180°C (350°F or Mark 4) for 20 minutes or until golden-brown. Cool the cakes a little on the baking sheet.

To make the filling, cream the cheese and butter together. Use the filling to stick pairs of cakes together. Reheat the cakes slightly, and serve them on a hot dish.

ANDRÉ L. SIMON
CHEESES OF THE WORLD

Farm Cheese Patties

This Kirkcudbright recipe is at least 155 years old. Any type of dough may be used. As an alternative method, you may put the dough and filling in a 20 cm (8 inch) baking tin and cook the tart for about 25 minutes.

To make 18 to 24 tartlets

250 g	mild Cheddar cheese, grated	8 oz
500 g	rough-puff dough or shortcrust dough (*page 166*)	1 lb
2	eggs, beaten	2
15 g	butter, melted	½ oz
1 tbsp	breadcrumbs	1 tbsp
5 tbsp	double cream	5 tbsp
	salt and pepper	
	cayenne pepper	
¼	garlic clove, crushed or 1 tsp grated onion (optional)	¼

Roll the dough out thinly and line greased patty tins with it. Mix the remaining ingredients together and put a little into each lined patty tin. Bake in an oven preheated to 200°C (400°F or Mark 6) for about 15 minutes or until the tops are beginning to colour.

BEE NILSON (EDITOR)
THE WI DIAMOND JUBILEE COOKBOOK

Perfect Cheddar Cheese Soufflé

To serve 6

175 g	Cheddar cheese, grated	6 oz
30 g	butter	1 oz
2 tbsp	flour	2 tbsp
30 cl	milk	½ pint
3	egg yolks	3
1 tsp	salt	1 tsp
45 g	dill leaves or chives, chopped	1½ oz
5	egg whites, stiffly beaten	5

Melt the butter in a saucepan. When it has stopped foaming, add the flour and mix well. Slowly add the milk and stir until the sauce is thick. Remove the pan from the heat and beat in the egg yolks, one at a time, then all but 1 tablespoon of the cheese, the salt and herbs. Stir about one-third of the whites into the yolk mixture and fold in the rest. Do not over-mix.

Put the soufflé in a buttered 2 litre (3½ pint) soufflé dish.

Sprinkle the remaining tablespoon of grated cheese on top. Bake in an oven preheated to 200°C (400°F or Mark 6) for 30 to 35 minutes, or until the soufflé is risen and golden-brown.

SONDRA GOTLIEB
THE GOURMET'S CANADA

Cheese Soufflé

Soufflé au Fromage

	To serve 4	
150 g	Gruyère cheese, grated	5 oz
75 g	butter	2½ oz
50 g	flour	2 oz
¼ litre	milk, heated to boiling	8 fl oz
	salt and pepper	
	grated nutmeg	
4	eggs, yolks separated from whites, whites stiffly beaten	4

In a heavy-bottomed saucepan, melt 50 g (2 oz) of the butter over a medium heat. Stir in the flour, and when the mixture is smooth, gradually stir in the boiling milk. Season the sauce with salt, pepper and a little nutmeg. Cook, stirring, for about 10 minutes or until it has thickened.

Off the heat, stir in the remaining butter, then add the egg yolks, one by one, stirring vigorously with a wooden spatula after each addition. Add all but 1 tablespoon of the grated cheese, and fold in the egg whites.

Pour the mixture into a buttered 20 cm (8 inch) soufflé dish lined with the remaining cheese. The mixture should come half way up the sides of the dish. Bake in an oven preheated to 190°C (375°F or Mark 5) for 30 to 40 minutes, or until the soufflé is well risen and the top is browned. Serve immediately from the cooking dish.

EUGÉNIE BRAZIER
LES SECRETS DE LA MÈRE BRAZIER

Cheese Roll, Four Ways

The technique of filling and rolling up this soufflé roll is demonstrated on page 78. The roll may be reheated by spooning melted butter over the top, sprinkling with grated Parmesan and returning it to a 180°C (350°F or Mark 4) oven for 10 to 12 minutes or until a light crust has formed and the roll is heated through. The cheese roll may be served either warm or cold, rolled up with either the mushroom duxelles *below or a filling of 175 g (6 oz) butter creamed with 90 g (3 oz) chopped walnuts, sprinkled with 30 g (1 oz) grated Parmesan cheese or served with tomato sauce (page 167).*

	To serve 8	
60 g	Parmesan cheese, grated	2 oz
30 g	butter	1 oz
2 tbsp	flour	2 tbsp
¼ litre	milk	8 fl oz
5	eggs, yolks separated from whites, whites stiffly beaten	5
	chopped parsley or bouquet of watercress (optional)	

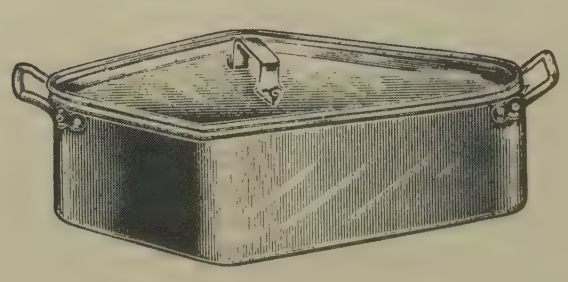
	Mushroom duxelles	
125 g	mushrooms, very finely chopped	4 oz
60 g	butter	2 oz
3 tbsp	finely chopped shallots	3 tbsp
1 tbsp	lemon juice	1 tbsp
½ tsp	salt	½ tsp
¼ tsp	freshly ground black pepper	¼ tsp

Butter or oil a 42 by 27 cm (17 by 11 inch) Swiss roll tin. Line it with greaseproof paper and butter or oil the paper. Melt the butter over a medium-high heat and stir in the flour. Cook, stirring with a wooden spatula, for 2 minutes—do not let it brown. Remove from the heat and add the milk, whisking vigorously. Return to the heat and cook, stirring, until the mixture thickens and boils. Remove from the heat and cool for 5 to 10 minutes. Beat the egg yolks and beat them into the sauce, mixing thoroughly. Stir in a third of the egg whites, then fold in the remainder. Lightly fold in the grated Parmesan cheese. Spread the mixture in the prepared tin and bake in an oven preheated to 180°C (350°F or Mark 4) for 15 minutes.

Meanwhile, for the *duxelles* filling, cook the shallots in the butter over high heat until transparent, then add the mushrooms, lemon juice and seasoning. Cook over a medium heat, stirring constantly, until the vegetables are soft and all excess liquid has evaporated.

Remove the roll from the oven and turn out on to two sheets of greaseproof paper, overlapping lengthwise. Fill with the *duxelles* or as desired. Serve it garnished with chopped parsley sprinkled over the roll or with a large bunch of watercress at one end of the platter.

JULIE DANNENBAUM
MENUS FOR ALL OCCASIONS



Cheese and Dandelion Roll

To serve 4

125 g	Cheddar cheese, grated	4 oz
500 g	dandelion leaves or other greens, parboiled and chopped	1 lb
15 g	butter	½ oz
2 tbsp	tomato ketchup	2 tbsp
1 tbsp	grated horseradish	1 tbsp
200 g	cooked hominy grits or rice	7 oz
2	eggs, hard-boiled, sliced	2
30 cl	tomato sauce (*page 167*)	½ pint

Combine the cheese, greens, butter, ketchup, horseradish and grits or rice. Form the mixture into a roll. Place it on a greased baking dish and bake in an oven preheated to 180°C (350°F or Mark 4) for 25 minutes. Place the roll on a warmed serving dish and garnish with the slices of hard-boiled egg. Serve with tomato sauce.

ANDRÉ L. SIMON
CHEESES OF THE WORLD

Swiss Soufflés

Soufflés à la Suissesse

The composition of these soufflés differs from that of ordinary cheese soufflé only in that the latter would contain one more beaten egg white. The final result in no way resembles a classic soufflé, but more nearly brings to mind quenelles.

To serve 6

100 g	Parmesan cheese, grated	3½ oz
¼ litre	milk	8 fl oz
40 g	flour	1½ oz
	salt	
	freshly ground white pepper	
	freshly grated nutmeg	
30 g	butter, cut into small pieces	1 oz
3	egg yolks	3
2	egg whites, stiffly beaten	2
35 cl	double cream	12 fl oz

Bring the milk to the boil, leave until lukewarm, and pour it slowly into the flour, stirring to avoid lumping. Season with salt, pepper and nutmeg and, stirring constantly with a wooden spoon, cook over a medium heat until thickened. Leave to cool for several minutes, then add the butter, something over half of the grated cheese and the egg yolks and mix thoroughly. Fold the egg whites in gently but thoroughly.

Butter six individual moulds or porcelain ramekins, spoon them about two-thirds full of the mixture, place them in a large pan and pour enough hot, but not boiling, water into the pan to immerse them by two-thirds. Poach in an oven preheated to 180°C (350°F or Mark 4) for 15 to 20 minutes, or until they are firm and spongy to the touch. Unmould them carefully so as not to damage them, one by one, first running the blade of a knife around the edges to loosen them. This first cooking process may be carried out in advance, if preferred.

Butter a shallow baking or gratin dish of the right size to hold the little soufflés, placed side by side but not—or barely—touching. Sprinkle the bottom of the dish with half of the remaining cheese, place the soufflés on top, pour over enough cream to immerse them by half, sprinkle the rest of the cheese over the surface, and return to the oven for another 15 to 20 minutes—or until the cream is nearly all absorbed and a light, golden gratin has been formed.

RICHARD OLNEY
THE FRENCH MENU COOKBOOK

Semolina Soufflé with Cheese

Grießschaum-Auflauf mit Käse

To serve 4

60 g	Parmesan cheese, grated	2 oz
60 g	Emmenthal cheese, grated	2 oz
100 g	semolina	3½ oz
½ litre	milk	16 fl oz
60 g	butter	2 oz
5	eggs, yolks separated from whites, whites stiffly beaten	5
	salt	
	paprika	

Place the milk and butter in a saucepan and bring them gently to the boil. Sprinkle in the semolina and cook over a low heat for a few minutes, stirring the mixture continuously,

until it thickens. Remove the pan from the heat and allow the mixture to cool slightly.

Meanwhile, grease a 1 litre ($1\frac{3}{4}$ pint) pudding basin or four individual, ovenproof moulds.

Stir the egg yolks and grated cheese into the semolina mixture, season with a pinch each of salt and paprika, and fold in the egg whites. Pour the mixture into the basin or moulds and place in a bain-marie, with enough hot water to come half way up the sides. Bake in an oven preheated to 220°C (425°F or Mark 7) until the top of the soufflé is crusty and brown. This will take about 30 minutes. Serve in the cooking dish or dishes.

HERMINE KIEHNLE AND MARIA HÄDECKE
DAS NEUE KIEHNLE-KOCHBUCH

Emmenthaler Soufflé

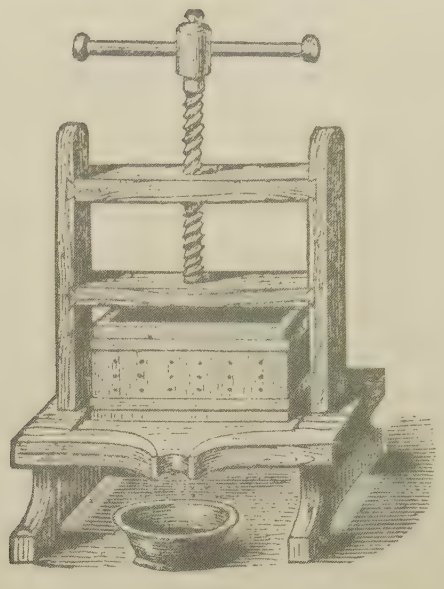
To serve 4

100 g	Emmenthal cheese, grated	$3\frac{1}{2}$ oz
30 g	butter	1 oz
250 g	white bread, crusts removed, cubed	8 oz
40 g	flour	$1\frac{1}{2}$ oz
60 cl	milk, or half milk, half cream	1 pint
4	eggs, yolks separated from whites, yolks lightly beaten, whites stiffly beaten	4
1 tbsp	finely cut chives	1 tbsp
	salt	
	cayenne pepper	
	grated nutmeg	

Melt the butter and fry the bread cubes in it until golden-brown on all sides. Place them in a buttered soufflé dish or casserole. Blend the flour and milk or milk and cream, and cook over a low heat, stirring all the time, until thickened. Allow the milk mixture to cool.

Mix the cheese, egg yolks, chives and seasonings into the milk mixture. Fold in the egg whites, then pour this mixture over the bread cubes. Put the soufflé into an oven preheated to 180°C (350°F or Mark 4) and bake it for 30 to 40 minutes, or until it is risen and the top is golden-brown.

ANNE MASON
SWISS COOKING



Swiss Cheese Soufflé

Waadtländer Käseauflauf

There are almost as many recipes for this dish as there are Swiss cantons. One alternative version is to arrange thick slices of bread and cheese in layers in the dish, and pour on the well-seasoned egg and milk mixture.

To serve 4

150 to 200 g	Emmenthal cheese, grated	5 to 7 oz
4	eggs, yolks separated from whites, whites stiffly beaten	4
	salt	
	grated nutmeg	
$\frac{1}{2}$ litre	milk, or half milk, half cream	16 fl oz
8	thick slices white bread	8
100 g	butter	$3\frac{1}{2}$ oz
2 tbsp	kirsch	2 tbsp

Whisk the egg yolks with salt, nutmeg and the grated cheese. Gradually add the milk or milk and cream, and finally fold in the egg whites. Fry the bread on both sides in the butter until it is golden-brown.

Arrange the bread slices in layers in a greased soufflé dish, add the kirsch, and pour on the egg mixture. Bake in an oven preheated to 180°C (350°F or Mark 4) for 30 to 40 minutes or until golden. Serve immediately.

GRETE WILLINSKY
KULINARISCHE WELTREISE

Tomato Cheese Soufflé

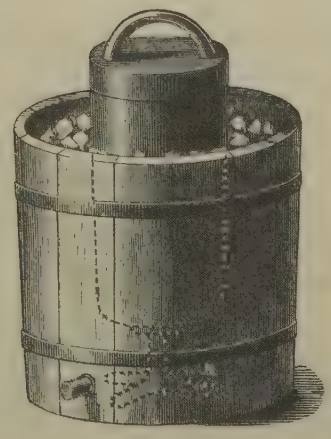
To serve 4

175 g	Cheddar or Gruyère cheese, grated	6 oz
30 g	butter	1 oz
3 tbsp	flour	3 tbsp
17.5 cl	milk	6 fl oz
1	bay leaf	1
1	clove	1
4	sprigs parsley	4
4	thin slices onion	4
¼ tsp	dill	¼ tsp
12.5 cl	puréed tomato	4 fl oz
	salt and pepper	
4	eggs, yolks separated from whites, whites stiffly beaten with ⅓ tsp salt	4
¼ tsp	dry mustard	¼ tsp

Melt the butter, stir in the flour, and cook until this roux mixture is frothy and bubbling, but do not brown. Heat the milk to boiling point with the bay leaf, clove, parsley, onion and dill. Strain the milk into the roux. Add the puréed tomato, stirring constantly, then add the cheese. Season to taste with salt and pepper. Remove from the heat.

Beat the egg yolks lightly, add the mustard, and beat again until well blended. Gradually stir the egg yolk mixture into the cheese sauce, beating briskly and constantly after each addition. Lastly fold in the beaten egg whites. Pour into a soufflé dish, and bake in a preheated, 200°C (400°F or Mark 6) oven for 20 to 25 minutes or until the soufflé is well puffed up and nicely browned on top. Serve immediately.

LOUIS P. DE GOUY
THE GOLD COOK BOOK



Cheese Pudding

To serve 2

125 g	Cheshire cheese, grated	4 oz
30 cl	milk	½ pint
90 g	fresh breadcrumbs	3 oz
1 or 2	eggs, yolks separated from whites, whites stiffly beaten	1 or 2
	salt and pepper	
1 tsp	mustard	1 tsp

Boil the milk, stir in the crumbs, take from the heat and add the cheese, egg yolks and seasoning. Fold in the whites, and pour the mixture into a buttered ovenproof dish. Bake the pudding in an oven preheated to 200°C (400°F or Mark 6) for 20 to 25 minutes, or until brown and set. Serve hot.

MARY MACKIRDY
RECIPES FOR YOU

Ramequins

This is a recipe from the beginning of the 19th century.

The batter for ramequins is equally good over macaroni when boiled tender; or on stewed broccoli, celery or cauliflower, a little of the gravy they have been stewed in being put in the dish with them, but not enough to make the vegetables swim.

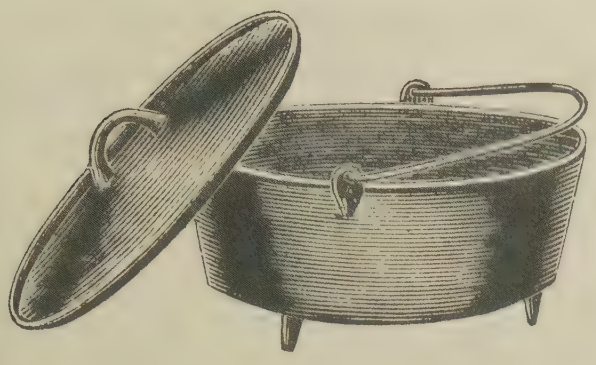
To serve 6

125 g	Cheshire cheese, grated	4 oz
125 g	Double Gloucester cheese, grated	4 oz
1	white roll, crusts removed, crumbled	1
12.5 cl	single cream	4 fl oz
125 g	butter	4 oz
4	eggs, yolks separated from whites, whites stiffly beaten	4
17.5 cl	dry white wine (optional)	6 fl oz

Boil the crumbs of the roll in the cream for about 10 minutes or until soft. Beat the cheeses and the butter in a mortar with the egg yolks and the cream and bread mixture. Add the wine, if using, and fold in the egg whites.

Divide the mixture among six individual buttered ramekins, and bake in an oven preheated to 180°C (350°F or Mark 4) until of a fine brown, about 20 minutes. The ramequins should be eaten quite hot.

MRS. RUNDELL
MODERN DOMESTIC COOKERY



Mother Tant Pis' Fondue

Fondue de La Mère Tant Pis

To prepare the fondue I use a small earthenware dish with a handle, measuring about 15 cm (6 inches) across. In Geneva this dish is called a *câclon.*

	To serve 4	
400 g	Gruyère cheese, cut into small pieces	14 oz
1	garlic clove, halved	1
30 cl	very dry white wine	½ pint
	freshly ground white pepper	
	freshly grated nutmeg	
½ tsp	potato flour, mixed with 2 tbsp white wine	½ tsp
3 tbsp	kirsch	3 tbsp
	dry bread, cubed	

Rub the inside of a suitable earthenware pot with the cut sides of the garlic clove. Pour in the wine, season with pepper and nutmeg, add the cheese and bring to the boil. Whisk over a medium heat for 8 to 10 minutes: gradually the cheese melts and the wine begins to turn milky. The cheese forms a mass in the middle of the *câclon* and the wine remains obstinately separate. This is the moment to use the potato flour.

Pour in the potato flour little by little, beating all the time. Gradually the mixture thickens and the wine mixes with the cheese. Add the kirsch, continuing to stir. The fondue is reaching its final texture. Boil for 1 minute, stirring all the time. If the flavour of alcohol is too strong, boil for 3 to 4 minutes longer. Taste it again—delicious. Set on a hot-plate or over a spirit-burner adjusted to keep the fondue just bubbling.

Serve each guest with about 20 pieces of dry bread, each fairly thick, but small enough to be eaten in one mouthful. The bread is speared on a long-handled fork and dipped into the common fondue pot.

ÉDOUARD DE POMIANE
COOKING WITH POMIANE

Cheese Fondue with Truffles

Fondue aux Truffes

	To serve 4 to 6	
400 g	*fontina* cheese, cut into small cubes	14 oz
½ litre	milk	16 fl oz
100 g	butter	3½ oz
8	egg yolks	8
	white pepper	
1	fresh white truffle, very finely sliced	1

Place the cubes of cheese in a bowl, cover with the milk and leave to soak for several hours.

To prepare the fondue, use either a double saucepan or a saucepan set in a pan of hot water. Place half of the butter in the pan together with the egg yolks, cheese and milk. Melt over a low heat, mixing continuously with a whisk. The cheese will turn into a thick cream; add a little white pepper at this point. Cut the remaining butter into small pieces and add to the cheese mixture. Stir for a few moments, and serve at once, sprinkled with the slices of truffle. This fondue is eaten with a fork, like scrambled eggs.

F. AND T. RARIS
LES CHAMPIGNONS, CONNAISSANCE ET GASTRONOMIE

Geneva Fondue

Fondue Genfer

This creamy cheese mixture can be served with toast, but is also delicious with pasta, or potatoes boiled in their jackets.

	To serve 4 to 6	
560 g	Emmenthal or Gruyère cheese, grated	18 oz
5 tbsp	double cream	5 tbsp
3 or 4	egg yolks	3 or 4
8 cl	white wine	3 fl oz
	pepper	
	grated nutmeg	

Mix all the ingredients in a fireproof fondue dish. Stir over the lowest possible heat until the mixture melts and begins to thicken. It must not be allowed to boil or it will curdle. Serve in the fireproof dish; keep warm.

EVA MARIA BORER
TANTE HEIDI'S SWISS KITCHEN

Melted Cheese Rhodope-Style

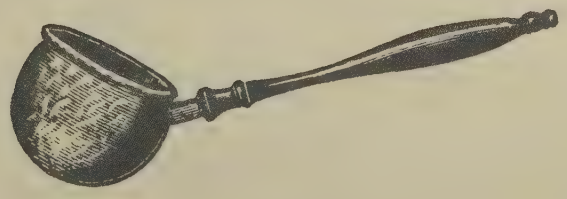
Sindirmiyo po Rodopski

Feta, *Gruyère, or any other hard full-fat cheese may be used for this dish, which is usually eaten with a fork.*

	To serve 3 or 4	
200 g	cheese, crumbled or grated	7 oz
100 g	butter	3½ oz
½ litre	water	16 fl oz
200 g	unbleached flour	7 oz
1 tsp	salt	1 tsp

Melt the butter in a thick-based saucepan over a low heat. Sprinkle in the cheese in an even layer and let it melt. Pour in the water and, stirring with a wooden spatula, bring the mixture to a simmer. Toss in the flour and salt and cook, stirring, until the mixture is smooth and thick and leaves the bottom of the pan. Taste for seasoning. Serve hot, in heated stoneware bowls, with warmed crusty bread. The mixture may be reheated in the bowls under a hot grill until bubbly.

DR. L. PETROV, DR. N. DJELEPOV, DR. E. IORDANOV AND S. UZUNOVA
BULGARSKA NAZIONALNA KUCHNIYA



Cheese Soup

Glarus

Another method of making this dish is not to stir the bread and cheese in the pan, but to make a pancake of it, cooking it on both sides. In this case, double the amount of butter.

	To serve 3 to 4	
125 g	Gruyère cheese, grated	4 oz
250 g	thin slices bread, browned in the oven	8 oz
60 cl	boiling water	1 pint
30 g	butter	1 oz

Lay the cheese in a bowl in alternating layers with the bread. Pour the water over and leave for 10 minutes. Press the bread and cheese down firmly and pour off the superfluous water.

Melt the butter in a frying pan on a medium heat and put in the bread and cheese. Cook, stirring all the time, till the cheese has melted and the whole becomes shiny (about 2 minutes). Serve very hot.

HELEN GUGGENBÜHL
THE SWISS COOKERY BOOK

Welsh Rabbit (Rare-bit)

The addition of a little Worcester sauce and mustard will give extra flavour to this traditional British dish. The author suggests frying the toast in bacon fat for a rich result.

	To serve 1	
60 g	Cheddar cheese, coarsely grated	2 oz
15 g	butter	½ oz
4 tbsp	ale	4 tbsp
	salt and pepper	
1	slice bread, toasted and buttered	1

Put the butter into a saucepan and melt it. Add the ale, a pinch of salt and two pinches of pepper. When just about to boil, stir in the cheese (stir only just lightly enough to dissolve the cheese). On no account let the mixture boil after the cheese is in—and cook it only just long enough to blend it.

Put the toast on a fireproof plate, pour the rabbit quickly over it, and brown the top under the grill for a few seconds.

DOROTHY HARTLEY
FOOD IN ENGLAND

A Scotch-Rabbit

Guinness is the nearest modern equivalent to porter. To replace the old-fashioned cheese toaster, you may use a fondue pot or other fireproof dish.

Some gourmands use red wine for this dish instead of porter; but the latter liquor is much better adapted to the flavour of cheese. Others use a proportion of soft ripened cheese, or the whole of it in that state.

	To serve 4	
175 g	Stilton, Gouda or Cheshire cheese, grated	6 oz
60 g	butter (optional)	2 oz
15 cl	porter or stout	¼ pint
1 tsp	mustard	1 tsp
	pepper	
	hot toast, buttered if desired	

Put the cheese into a cheese-toaster or a fireproof dish, with the butter if you wish. Add the porter or stout, mustard, and pepper to taste. Stir the mixture over a low heat until it is completely dissolved, then put it under a hot grill for 2 minutes to brown the top. Serve the cheese, keeping it warm if possible over a pan of boiling water or over a spirit lamp. Serve hot, dry or buttered toast on a separate dish. The cheese mixture is ladled on to the toast.

MISTRESS MARGARET DODS
THE COOK AND HOUSEWIFE'S MANUAL

Rum Tum Tiddy, Rink Tum Ditty, etc. (Old Boston-Style)

Rum Tum Tiddy is the name used for many early American versions of Welsh rabbit or rarebit.

	To serve 4	
350 g	Cheddar cheese, grated	12 oz
1	onion, finely chopped	1
15 g	butter	½ oz
1 tsp	salt	1 tsp
	pepper	
250 g	tomatoes, skinned, seeded, chopped and cooked until soft	8 oz
1 tbsp	sugar	1 tbsp
1	egg, lightly beaten	1

Slowly fry the onion bright golden in the butter; season and add the tomatoes with the sugar. Heat to just under the bubbling point. Don't let the mixture boil. Add the cheese, little by little, shaking the pan until all of the cheese melts. Then stir in the egg gently and serve very hot.

BOB BROWN
THE COMPLETE BOOK OF CHEESE

Fried Cheese

Raclette

Johanna Spyri described the prototype of all Swiss national dishes made from melted cheese in *Heidi*, in a famous scene when the old grandfather fries the cheese at an open fire. Basically, *raclette* is just that—cheese fried in the fire; and in Canton Wallis, and many restaurants all over Switzerland, this speciality is prepared at an open wood fire. A mature cheese is halved and the cut side held in the flames till the surface begins to melt. The melting cheese is scraped on to a warm plate—*racler* means to scrape—and eaten with small potatoes, salt cucumbers and pickled onions. *Raclette* can easily be made at an open fire in the sitting room. In Switzerland there are electric stoves to put on the dining table, not as romantic as an open fire, but not as hot and messy either.

	To serve 4	
About 350 g	Tilsit or Gruyère cheese, in one piece	About 12 oz
1	egg yolk (optional)	1

Fix the piece of cheese on the end of a toasting fork, hold the piece in front of the flames of an open fire, or over glowing coals, and scrape the cheese off into a warmed dish as it melts.

To make an easy and equally tasty, if not quite so genuine *raclette*, butter the inside of a fireproof dish, remove the rind from the cheese, and place it in the dish. Brush very thinly with egg yolk, and allow the cheese to melt in an oven preheated to 230°C (450°F or Mark 8), about 15 minutes.

EVA MARIA BORER
TANTE HEIDI'S SWISS KITCHEN

Toasted Cheese

This is a good version of a favourite Victorian dish. Quantities seem tiny, but they are enough for eight for a first course.

	To serve 4	
250 g	mature Cheddar cheese, grated	8 oz
90 g	butter	3 oz
8 tbsp	double cream	8 tbsp
3	egg yolks	3
	salt and pepper	
	cayenne pepper	

Melt the butter in a pan over a low heat; add the remaining ingredients, stirring them vigorously together. Heat slowly until you have a thick cream. Keep under boiling point, but give the whole thing time enough to thicken. Divide among four to eight small pots, and brown lightly under the grill. Serve with plenty of toast fingers, or pieces of baked bread.

JANE GRIGSON
FOOD WITH THE FAMOUS

Cheese in Vine Leaves

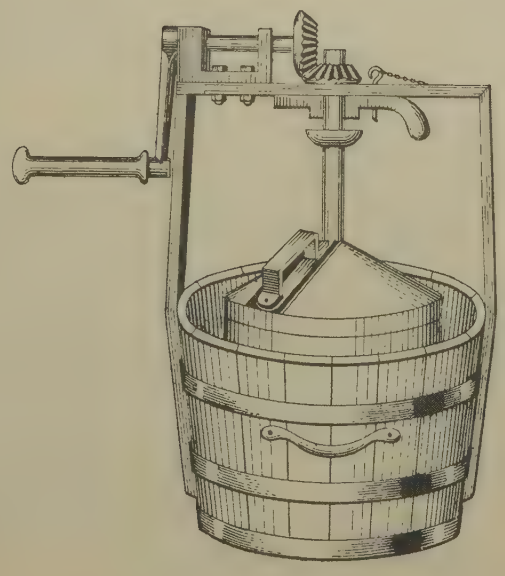
A recipe from the cave village of Trôo, in the Bas Vendômois region of western France. This recipe can be used for any old end of cheese—it was a way of using up the last dried pieces—and in winter pickled vine leaves make a good substitute for fresh. Buy them in vacuum packs or from the brine tub. Canned leaves are too tender. The fresh, slightly lemony taste of the vine leaves has a revivifying effect on the cheese. In the old days, the packages went into the oven when the bread came out, to cook in the dying heat, and then to be eaten with the still-warm bread.

	To serve 4	
12	2 cm (¾ inch) cubes cheese	12
12	vine leaves, fresh or pickled	12
12	slices bread, fresh or crisped for 5 minutes in the oven	12

If using fresh leaves, just wash them and wrap them round the pieces of cheese. Place the little packages seam side down, close together in an ovenproof dish. Put them in an oven preheated to 230°C (450°F or Mark 8) for about 15 minutes or until the leaves darken and catch slightly, and the whole thing feels soft when you press it. Remove the packages from the oven and serve on the slices of bread.

For pickled leaves, pour boiling water over them, separate them carefully with a wooden spoon, and leave them for 20 to 30 minutes. Drain and cover generously with cold water. Now taste a corner—if the leaves are not too sharply salty, they can now be used. If they are still very strong, repeat the boiling water. Wrap them round the cheese and complete as above.

JANE GRIGSON
OBSERVER MAGAZINE



Cheese Ravioli

Sciatt di Bitto

Bitto is a Swiss-style cheese made in Lombardy. Fontina *or Gruyère may be substituted.*

	To serve 4	
150 g	*bitto* cheese, diced	5 oz
300 g	buckwheat flour	10 oz
150 g	flour	5 oz
	salt	
4 tbsp	brandy	4 tbsp
About ¼ litre	tepid water	About 8 fl oz
	oil for deep frying	

Put the flours and salt into a bowl and work in the brandy and enough water to fórm a supple dough. Turn out on to a floured board and knead well. Form into a ball, cover with a cloth and allow to rest for 30 minutes.

On a floured surface, roll out the dough into a fairly thin sheet, and cut it into 6 cm (2½ inch) squares. Place a few cubes of cheese on each of half of the squares and cover them with the remaining squares. Moisten and press the edges securely together in order to seal them.

Deep fry the ravioli in plenty of hot oil for 5 to 6 minutes or until they are golden.

GUIDO MARGIOTTA
VALTELLINA E VALCHIAVENNA RISCOPERTA DI UNA CUCINA

Fried Stuffed Peppers with Cheese

Pulneni Chushki sus Sirene

The sweet peppers in this recipe should be the long, single-tipped variety without grooves. Choose ones that are thin-fleshed so that they take more stuffing.

	To serve 2	
200 g	*feta* cheese, crumbled	7 oz
4	long sweet green peppers	4
1 tsp	finely chopped flat-leaf parsley	1 tsp
	freshly ground black pepper	
2	egg yolks	2
	flour	
1	egg, lightly beaten	1
About 30 cl	oil	About ½ pint

Roast the peppers over charcoal, or under a moderate grill, turning them frequently, until the skins puff and scorch evenly all over and the flesh becomes soft. Put the peppers

into a small saucepan and cover with a well-fitting lid. When they are quite cold, peel off the scorched skins and carefully remove the cores and seeds, leaving the shells intact.

Combine the crumbled cheese with the parsley, a little pepper and the egg yolks and stuff the peppers with this mixture. Flatten the peppers slightly, flour them thoroughly, patting a little flour on to the opening over the filling. Then roll the peppers in the beaten egg.

Select a deep frying pan that will accommodate the peppers easily. Pour in oil to a depth of about 2.5 cm (1 inch) and place the pan over a medium heat. You can test the oil by dipping in a pepper stalk; when the oil froths on contact, put in the peppers. Turning them occasionally, fry the peppers for about 10 minutes, reducing the heat if they brown too quickly. Serve the peppers cold, with bread and a tomato salad.

SONYA CHORTANOVA
NASHA KUCHNIYA

Cheese Grilled over Charcoal

Sirene na Skara

If a charcoal fire is not available, the parcels of cheese may be cooked under a preheated gas or electric grill. They can be served as mezze or snacks to accompany drinks, or with tea and toast for breakfast.

	To serve 2	
150 g	*feta* cheese, cut into 2 thick slices	5 oz
15 g	butter, melted	½ oz
	paprika	

Place each slice of cheese on a well-buttered sheet of grease-proof paper, 25 by 20 cm (10 by 8 inches), sprinkle the cheese with a pinch of paprika, and wrap the paper round each slice.

Prepare a good charcoal or wood fire. When the burning embers are covered with grey ash, place the two cheese parcels on the hot grill, positioned at a distance of about 10 cm (4 inches) above the bed of embers. Cook them, turning once, for about 2½ to 3 minutes. The paper should be well branded by the hot bars of the grill and slightly charred, but not burnt. A handful of pine needles may be thrown over the embers just before grilling to enhance the flavour of the cheese.

Bring the cheese parcels to the table, open them up, and toss each slice on to a small heated plate, paprika-side up. Sprinkle with the hot melted butter.

SONYA CHORTANOVA
NASHA KUCHNIYA

Scamorza Cheese Cutlets

Cotolette di Scamorza

Scamorza *is a cheese similar to* mozzarella. ***Any soft or semi-soft melting cheese may be used instead.***

	To serve 6	
900 g	*scamorza* cheese, cut into 12 1 cm (½ inch) thick slices	1¾ lb
60 g	flour	2 oz
2 or 3	eggs, beaten	2 or 3
100 g	dry breadcrumbs	3½ oz
	oil for deep frying	

Dip the slices of cheese in flour, coat them with beaten egg and then roll them in the breadcrumbs, being careful to cover the edges and corners. Heat the oil in a deep frying pan, and fry the cheese cutlets one or two at a time, over a very high heat, until they are browned. Drain, and keep the prepared cutlets warm. When all are ready, serve immediately.

JEANNE CARÒLA FRANCESCONI
LA CUCINA NAPOLETANA

Cheese Bondas

Any cheese firm enough to grate, such as Cheddar or Gruyère, may be used for this dish.

	To serve 4 to 6	
125 g	cheese, grated	4 oz
¼ litre	milk	8 fl oz
125 g	flour	4 oz
90 g	butter	3 oz
	salt	
1 tsp	chili powder	1 tsp
3	eggs, beaten	3
	ghee or oil for deep frying	
45 cl	tomato sauce (*page 167*)	¾ pint

In a large saucepan, warm the milk and gradually add the flour, stirring constantly so that no lumps are formed. Add the butter and, when the mixture thickens, remove from the heat and add the cheese. Blend well. Add salt, chili powder and the beaten eggs. When cool, the mixture should be thick enough to shape into balls.

Heat the *ghee*. Make approximately 24 balls the size of a lemon from the mixture and drop them into the hot *ghee* or oil. Fry until they are a golden-brown on all sides. Drain. Serve immediately with tomato sauce.

PREMILA LAL
THE EGG AND CHEESE COOK-BOOK

Geneva Cheese Fritters

Genfer Käsebeignets

This can be served as a rich, hot starter for eight people or as a main course for four, accompanied by a salad or vegetables.

	To serve 4 to 8	
500 g	Emmenthal or Gruyère cheese, cut into 8 slices 1 cm (½ inch) thick by 8 cm (3 inches) square	1 lb
125 g	flour	4 oz
	salt and pepper	
1	egg	1
30 cl	white wine, warmed	½ pint
2	egg whites, stiffly beaten	2
	mustard	
	fat for deep frying	

Sieve the flour into a bowl and season with a pinch of salt and pepper. Make a well in the centre and break the egg into it. Gradually work the egg into the flour, then slowly stir in about half of the wine. Beat well, then stir in the remaining wine and fold in the egg whites.

Spread the cheese slices thinly with mustard and dip them into the fritter batter. Fry them in very hot deep fat until they are golden on both sides. Serve hot.

GRETE WILLINSKY
KULINARISCHE WELTREISE

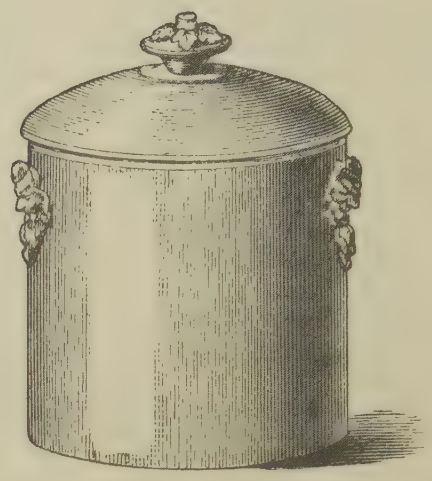
Parmesan Balls

To make 10 to 12 small balls

75 g	Parmesan cheese, grated	2½ oz
2	egg whites, stiffly beaten	2
	cayenne pepper	
	oil for deep frying	

Mix 60 g (2 oz) of the cheese with the egg whites and cayenne pepper. Roll the mixture into small balls, using the remaining cheese instead of flour to dust your hands. Heat the oil and fry the balls in it, about six at a time, until they are light brown. Drain, pile them up on a hot dish and serve at once.

MARY MACKIRDY
RECIPES FOR YOU



Fried Cheese Squares

Fondue Bruxelloise

	To serve 6	
125 g	Gruyère cheese, grated	4 oz
100 g	Parmesan cheese, grated	3½ oz
⅛ tsp	cayenne pepper	⅛ tsp
¼ tsp	grated nutmeg	¼ tsp
5	egg yolks	5
	salt and freshly ground pepper	
½ litre	white sauce (*page 167*)	16 fl oz
2 tsp	water	2 tsp
1 tbsp	peanut oil	1 tbsp
3	eggs, lightly beaten	3
4 tbsp	flour	4 tbsp
125 g	fresh breadcrumbs	4 oz
	oil or fat for deep frying	
12	parsley sprigs	12

Stir the Gruyère, Parmesan, cayenne pepper, nutmeg, egg yolks and salt and pepper to taste into the white sauce. Put the sauce on a low heat and cook, stirring constantly, until it thickens. Do not boil the sauce. Remove it from the heat.

Butter a 32 by 22 cm (13 by 9 inch) or a 22 cm (9 inch) square tin generously and pour the sauce into it. Spread the sauce smooth with a spatula. Cover with buttered greaseproof paper and refrigerate overnight or longer. It will become quite firm. Cut the firm mixture into squares, rectangles, rounds or diamond shapes.

Beat the water, peanut oil, and salt and pepper to taste into the beaten eggs. Coat the croquettes on all sides with the flour, dip them into the egg mixture, and shake off the excess. Finally, coat the croquettes on all sides with the crumbs,

tapping them lightly with the flat side of a knife so that the crumbs will adhere better. Fry the croquettes in the hot oil until golden and drain them on kitchen paper. Deep fry the parsley sprigs and use them to garnish the croquettes.

NIKA HAZELTON
THE BELGIAN COOK BOOK

Curd Cheese Dumplings Moravian-Style

Hanácké Noky

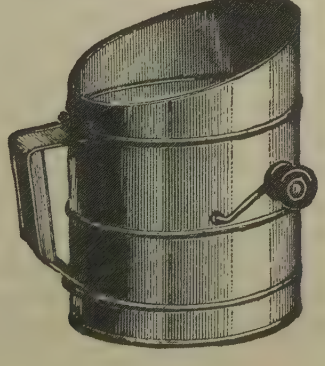
Quark *is a soft cheese with a tangy flavour, similar to curd cheese. It can be made by hanging yogurt, thick buttermilk, or soured cream in a cloth to drip. A suitable substitute is the curd cheese demonstrated on page 10.*

To serve 8 to 10

400 g	*quark* or curd cheese	14 oz
175 g	butter, 75 g (2½ oz) softened, the rest melted	6 oz
3	eggs, lightly beaten	3
	salt	
35 cl	milk	12 fl oz
	flour	
30 g	dry pumpernickel, grated	1 oz

Place the cheese in a bowl and gradually beat in the softened butter, the eggs and a pinch of salt. Add the milk, alternately with additions of flour, until you have a soft dough. The quantity of flour depends on the consistency of the cheese. Bring a large saucepan of water to the boil and when the dough is thoroughly mixed, form small dumplings, using a spoon dipped in cold water so that the dough doesn't stick to it. For each dumpling, scoop out a little dough and drop it into the boiling water. Boil for 10 minutes. When the dumplings rise to the surface, remove one and cut it in half to make sure it is cooked through. When they are cooked, drain the dumplings, sprinkle them with the grated pumpernickel and pour the melted butter over them.

JOZA BŘÍZOVÁ AND MARYNA KLIMENTOVÁ
TSCHECHISCHE KÜCHE



Beaten Curd Cheese with Herbs

Cervelle de Canut

To serve 6 to 8

500 g	curd cheese, drained in a cloth and well beaten, if very soft	1 lb
60 g	*fines herbes*, chopped	2 oz
2	shallots, very finely chopped	2
1	garlic clove, crushed	1
	salt and pepper	
4 tbsp	double cream (optional)	4 tbsp
2 tbsp	white wine (optional)	2 tbsp
2 tbsp	oil (optional)	2 tbsp
1 tsp	vinegar (optional)	1 tsp

Beat into the cheese the herbs, shallots, garlic, and salt and pepper to taste. If desired, beat in the cream, wine, oil and vinegar. To serve the cheese, form it into a round on a plate. It will keep, refrigerated, for several days, becoming more strongly flavoured the longer it rests.

FÉLIX BENOIT AND HENRY CLOS JOUVE
LA CUISINE LYONNAISE

Curd or Cottage Cheese

If the milk you use has been pasteurized, it should be soured by the addition of a tablespoon of vinegar or lemon juice. The technique of draining curd cheese is shown on page 10.

Instead of being simply chopped and mixed with the cream, the cheese and cream may be mashed thoroughly together. Or the cheese may be dressed with sugar, cream and a little nutmeg, omitting the salt and pepper. Another way is to chop fine, add salt to taste, work in a very little cream or butter, and mould into round balls.

To make about 1 kg (2 to 2½ lb) cheese

4 to 5 litres	soured milk	About 8 pints
	salt and pepper	
60 cl	double cream	1 pint

Place the milk in a saucepan over the lowest possible heat, or in an oven preheated to its lowest setting, with its door ajar. Heat, turning it often, until the curd begins to separate from the whey, and forms a solid mass with clear liquid around it.

Cut the curd in squares with a knife, stirring gently now and then until it is about as warm as the finger will bear, and the whey shows all around the curd.

Pour all into a coarse bag, and hang to drain in a cool place for 3 to 4 hours, or overnight if made in the evening. When wanted, turn from the bag, chop rather coarse with a knife, and dress with salt, pepper and the cream.

THE BUCKEYE COOKBOOK: TRADITIONAL AMERICAN RECEIPES

A Strong Pot Cheese

Foudjou

This recipe is from the lower Ardèche. Traditionally, the cheese pot is never emptied, and a great connoisseur, native to the region, remembers a house where the bottom of such a *brêche*—or pot—had not been seen for 15 years. Eat this with potatoes boiled in their jackets and peeled as you eat them.

To make about 1 kg (2 to 2½ lb)

500 g	fresh goat cheeses, mashed	1 lb
500 g	dried goat cheeses, trimmed, grated, and sieved or put through the fine blade of a food mill	1 lb
3 tbsp	brandy	3 tbsp
3 tbsp	olive oil	3 tbsp
	salt and pepper	
2 or 3	garlic cloves, crushed and sieved	2 or 3
2 tbsp	mixed dried herbs, crushed (thyme, marjoram, oregano, savoury)	2 tbsp

Put the fresh and dried cheeses in a bowl and sprinkle the brandy and olive oil over them. Season the mixture well with pepper and add the garlic. Add the salt and herbs and knead the mixture until it is well blended. Put it in a pot with a lid, cover and seal it well and let it mature for 2 to 3 months in a cool place before opening it.

PIERRE ANDROUËT
LA CUISINE AU FROMAGE

Lancaster County Egg Cheese

To serve 8

6	eggs, well beaten	6
½ litre	buttermilk	16 fl oz
1 tsp	salt	1 tsp
2 tsp	sugar	2 tsp
2 litres	milk, warmed	3½ pints

Add to the beaten eggs the buttermilk, salt and sugar. Beat slightly and pour into the warmed milk. Cover the pan and let stand for several minutes over a medium-low heat, stirring only occasionally.

Remove the lid and watch for the curds (the cheese) and whey to separate. Immediately spoon the curds gently into a pierced mould, using a slotted spoon, and leave the curds to cool and drain (balance the mould on a bowl into which the liquid can drip). It is the gentle spooning into the mould that prevents the cheese from getting solid and heavy. If you drop the curds into a sieve, the cheese will get as heavy as lead. The curds should be removed very delicately from the pan and just laid in the mould.

When cold and drained, unmould the cheese on to a dish and serve with bread and molasses.

JOSÉ WILSON AND BETTY GROFF
GOOD EARTH AND COUNTRY COOKING

Ricotta

Although ricotta *is traditionally made with whey or a mixture of whey and milk, the whole-milk version given here is more practical for the modern cook.*

Unlike most fresh cheeses—cottage and cream cheese, for example—the curd of this bland, light cheese is formed by the addition of acid to the milk, not by fermentation. For that reason the time required to make it is generally short. Try this Italian favourite in place of cottage cheese, as well as in Italian recipes for such dishes as lasagne and *manicotti*. You'll find it is a bit creamier than most cottage cheeses, with a much finer curd. For a pleasant light milk dessert, sweeten this *ricotta* slightly and top it with a sprinkling of grated chocolate or cinnamon.

To make about 500 g (1 lb)

1.75 litres	milk	3 pints
3 tbsp	distilled white vinegar or 4 tbsp strained fresh lemon juice	3 tbsp
	salt (optional)	

Pour the milk into a heavy stainless steel or enamelled saucepan and stir in the white vinegar or lemon juice.

Set the pan over a very low heat and bring the milk very slowly to a simmer (a reading of 95°C or 200°F on a thermometer). There will be fine beads round the edge of the milk, which will look foamy but will not appear to be boiling.

Remove the pan from the heat and set it, covered, in a spot where it can remain undisturbed and where the temperature will remain between 25° and 40°C (80° and 100°F). (An unheated oven, without a pilot light, is a good spot.) Let the milk stand for about 6 hours, or until a solid curd floats above the liquid (the whey). More or less time may be required,

depending on the temperature of the environment and the characteristics of the milk.

Line a fine sieve with doubled, dampened cheesecloth (or, better still, two layers of very fine-meshed nylon curtain netting, dampened) and set it over a bowl. Ladle the curds and whey into the sieve and allow the whey to drain off until the *ricotta* is as thick as yogurt. If you want firmer cheese, tie the corners of the cloth to form a bag and hang it up to drain further. (In warm weather, the draining might well be completed in the refrigerator.)

When the texture of the *ricotta* is to your liking, add a little salt (from ¼ to ½ teaspoon) if you wish. Store the cheese, covered, in the refrigerator. It will be at its best after it has chilled for 24 hours, and it will keep well for 4 to 5 days.

HELEN WITTY AND ELIZABETH SCHNEIDER COLCHIE
BETTER THAN STORE-BOUGHT

Standard Preparations

Basic Stock

Gelatinous elements such as veal knuckle, pork rind, oxtail and trotters will make the finished stock set to a firm jelly which may be used for aspic preparations.

	To make 2 to 3 litres (3½ to 5 pints) stock	
3 kg	meaty bones and trimmings (veal, beef and/or chicken)	6 to 7 lb
3 to 5 litres	water	5 to 8 pints
4	carrots, scraped and topped	4
2	large onions, 1 stuck with 2 or 3 cloves	2
1	whole garlic head, unpeeled	1
1	stick celery	1
1	leek, split and washed	1
1	large bouquet garni	1
	salt	

Put the pieces of bone on a rack in the bottom of a heavy stockpot, and place the meat and trimmings on top of them. Add cold water to cover by 5 cm (2 inches). Bring to the boil over a low heat, skimming before the liquid reaches the boil. Keep skimming, occasionally adding a glass of cold water, until no more scum rises. Do not stir, lest you cloud the stock.

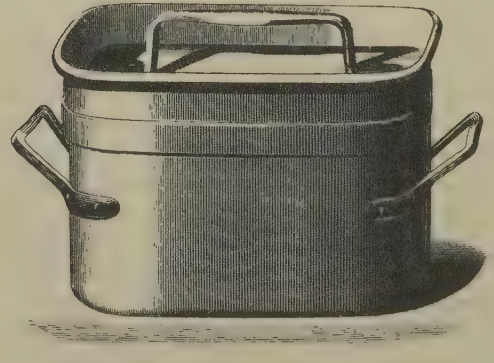
Add the vegetables, bouquet garni and a dash of salt to the pot, pushing them down into the liquid so that everything is submerged. Continue skimming until the boil is reached. Reduce the heat to very low and cook, partly covered, at a bare simmer for at least 4 hours, skimming off surface fat three or four times. Strain the stock by pouring the contents of the pot through a colander lined with a double thickness of damp muslin into a large bowl or clean pot. Discard the bones and meat trimmings, vegetables and bouquet. Cool the strained stock and skim the last traces of fat from the surface.

Creamed Spinach

This preparation has many uses in egg cookery—as a base for baked eggs, a coating for gratins, or a filling for omelettes. To make a similar dish of creamed sorrel, the sorrel should be finely chopped and then melted in the butter—parboiling is not necessary if tender young leaves are used.

	To serve 4 to 6	
1 kg	spinach, stemmed	2 to 2½ lb
30 g	butter	1 oz
12.5 cl	double cream	4 fl oz
	salt and pepper	
	grated nutmeg	

Bring a large pot of water to the boil, plunge in the spinach, and parboil for 2 minutes. Drain the spinach in a colander, running cold water over it to stop the cooking. With your hands, squeeze out excess moisture. Chop the spinach. Over a medium heat, melt the butter and stir in the chopped spinach. Stir until any excess moisture has evaporated. Reduce the heat. Stir in the double cream. Season to taste with salt, pepper and a little grated nutmeg.



Shortcrust and Rough-Puff Dough

One simple formula produces dough for both plain shortcrust and for rough-puff dough. The difference is in how you roll it out. The rough-puff here may be used in any recipe calling for puff dough. The quantity of dough given here will line a 20 cm (8 inch) flan tin or six small flan tins. To make a 30 cm (12 inch) tart shell, increase the quantities by half. To pre-bake or "blind bake" a tart shell, line a tart or flan tin with the rolled-out dough. Cut a piece of greaseproof paper or aluminium foil slightly larger than the tin, and press it into the tin against the dough. Fill the lining with dried peas, beans or rice. Bake in an oven preheated to 200°C (400°F or Mark 6) for about 15 minutes or until the edges of the pastry are pale gold. Remove the paper and beans, and continue to bake for 5 minutes for a partially pre-baked shell or for 15 minutes for a totally pre-baked shell.

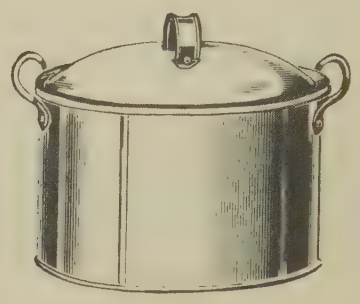
To make 250 g (8 oz) of dough

125 g	flour	4 oz
¼ tsp	salt	¼ tsp
125 g	cold unsalted butter, cut into small pieces	4 oz
3 to 4 tbsp	cold water	3 to 4 tbsp

Mix the flour and salt in a mixing bowl. Add the butter and cut it into the flour rapidly, using two table knives, until the butter is in tiny pieces. Do not work for more than a few minutes. Add half the water and, with a fork, quickly blend it into the flour and butter mixture. Add just enough of the rest of the water to allow you to gather the dough together with your hands into a firm ball. Wrap the dough in plastic film or waxed paper and refrigerate it for at least 1 hour, or put it in the freezer for 20 minutes until the surface is slightly frozen.

To roll out shortcrust dough. Remove the ball of dough from the refrigerator or freezer and put it on a cool floured surface (a marble slab is ideal). Press the dough out partially with your hand, then give it a few gentle smacks with the rolling pin to flatten it and render it more supple. For a tart shell, roll out the dough from the centre, until the dough forms a circle about 1 cm (½ inch) thick. Turn the dough over so that both sides are floured and continue rolling until the circle is about 3 mm (⅛ inch) thick. Roll the dough on to the pin, lift up the pin and unroll the dough over the flan tin. Trim the dough to within 1 cm (½ inch) of the rim of the dish, turn the edges under, press the double thickness of dough to the rim firmly with thumb and forefingers and crimp the edges.

To roll out rough-puff dough. Place the dough on a cool floured surface and smack it flat with the rolling pin. Turn the dough over to make sure that both sides are well floured, and roll out the dough rapidly into a rectangle about 30 cm (1 foot) long and 12 to 15 cm (5 to 6 inches) wide. Fold the two short ends to meet each other in the centre, then fold again to align the folded edges with each other. Following the direction of the fold lines, roll the dough into a rectangle again, fold again in the same way and refrigerate for at least 30 minutes. Repeat this process two or three more times before using the dough. Always let the dough rest in the refrigerator or freezer in between the times it is rolled out.



Basic Curd Cheese

The demonstration on page 10 shows how to gauge the temperature of milk for cheese-making with a dairy thermometer. The quantities given in this recipe may be halved or quartered, and finished cheese may be flavoured in a variety of ways. You can add chopped garlic and mixed fresh herbs, grated lemon rind, or crushed green peppercorns. A small cheese shaped into a cake or cylinder form may be rolled in paprika or cracked black pepper, or wrapped in vine leaves. Small cheeses may be shaped in perforated cheese moulds: spoon the drained curd into the moulds, salt the surface, and continue to drain until firm enough to be unmoulded. The cheeses then may be flavoured or wrapped, or left to ripen on layers of straw, turned over and salted every day or two, for several days or until the desired ripeness is achieved.

The unflavoured curd may, of course, be used in any of the Anthology recipes calling for curd cheese.

To make 1 kg (2 to 2½ lb) curd

4.5 litres	milk	8 pints
2 tbsp	cultured buttermilk	2 tbsp
	salt	

Slowly heat the milk, in a saucepan set in a larger pan of hot water, to a temperature of 27°C (80°F), then add the buttermilk. Stir deeply and thoroughly, cover the milk and leave for up to 24 hours at a room temperature of 18° to 21°C (65° to 70°F). If the curd has not set, put the milk pan in a larger pan of tepid water and leave, covered, for 2 hours. When the curd forms a mass that can be seen to be separate from the surrounding clear whey, line a large colander with dry cheesecloth. Pour in the curd and allow it to drain for 5 hours. Then pull up the corners of the cloth, tie them tightly, and hang up the resulting bag to allow the curd to drain thoroughly. After a further 6 to 8 hours, or longer depending on the degree of firmness you want, salt the curd to taste and flavour it if you wish. Beating will make the curd creamier.

Hollandaise Sauce

To make about 30 cl (½ pint) sauce

3	egg yolks	3
1 tbsp	cold water	1 tbsp
250 g	cold unsalted butter, finely diced	8 oz
	white pepper, cayenne pepper, and salt	
1 tsp	strained lemon juice	1 tsp

In a bain-marie, add enough water to come two-thirds of the way up a saucepan. Heat the water until it simmers, then reduce the heat to low. Place the saucepan in the bain-marie, put the egg yolks and the cold water in the saucepan and beat them until the yolks are smooth. Whisk a handful of the butter into the yolks and, when the butter has been absorbed, continue adding the diced butter in this way until all of it has been used. Beat until the sauce becomes thick and creamy. Season the sauce with white pepper, cayenne pepper and salt to taste, and add the lemon juice.

Court-Bouillon

To make 1.5 litres (2½ pints) of court-bouillon

1.5 litres	water	2½ pints
2	onions, thinly sliced	2
2	carrots, thinly sliced	2
1	bouquet garni	1
30 g	salt	1 oz
¼ litre	dry white wine (optional)	8 fl oz

In a large saucepan, boil the water with the onions, carrots, bouquet garni and salt for 10 to 15 minutes. Add the wine, if desired, and continue to cook for another 15 minutes.

Velouté Sauce

To make about 40 cl (¾ pint) sauce

30 g	butter	1 oz
2 tbsp	flour	2 tbsp
60 cl	stock (*page 165*)	1 pint
	salt and pepper	

Melt the butter in a heavy saucepan. Stir in the flour and cook, stirring, over a low heat for 2 to 5 minutes. Pour in all of the stock, whisking constantly to blend the mixture smoothly. Raise the heat and continue whisking while the sauce comes to the boil. Reduce the heat to very low, move the pan to the side of the heat, and simmer for about 40 minutes, skimming occasionally. Correct the seasoning before using the sauce.

Tomato Sauce

When fresh ripe tomatoes are not available, use canned Italian plum tomatoes.

To make about 30 cl (½ pint) sauce

750 g	very ripe tomatoes, chopped	1½ lb
1	onion, diced	1
1 tbsp	olive oil	1 tbsp
1	garlic clove (optional)	1
1 tsp	chopped parsley	1 tsp
1 tsp	mixed basil, marjoram and thyme	1 tsp
1 to 2 tsp	sugar (optional)	1 to 2 tsp
	salt and freshly ground pepper	

In a large enamelled or stainless steel saucepan, gently fry the diced onion in the oil until soft but not brown. Add the other ingredients and simmer for 20 to 30 minutes or until the tomatoes have been reduced to a thick pulp. Sieve, using a wooden pestle or spoon. Reduce the sauce further, if necessary, to the required consistency, and check the seasoning.

A Basic White Sauce

This recipe can be used whenever béchamel sauce is required.

To make about 40 cl (¾ pint) sauce

30 g	butter	1 oz
2 tbsp	flour	2 tbsp
60 cl	milk	1 pint
	salt	
	white pepper	
	freshly grated nutmeg (optional)	
	double cream (optional)	

Melt the butter in a heavy saucepan. Stir in the flour and cook, stirring, over a low heat for 2 to 5 minutes. Pour in all of the milk, whisking constantly to blend the mixture smoothly. Raise the heat and continue whisking while the sauce comes to the boil. Season with a very little salt. Reduce the heat to very low, and simmer for about 40 minutes, stirring every so often to prevent the sauce from sticking to the bottom of the pan. Add white pepper and a pinch of nutmeg if desired; taste for seasoning. Whisk again until the sauce is perfectly smooth, and add cream if you prefer a richer and whiter sauce.

Recipe Index

English recipe titles are listed by categories such as "Baked Eggs", "Cheddar Cheese", "Omelette" and "Sauce", and within those categories alphabetically. Foreign recipe titles are listed alphabetically without regard to category.

Aijja au Hareng Fumé "Lzza bi Ringa", 91
Anchovy:
  and Egg Custard, 137
  Parsley and, Omelette, 121
Anemole, 135
Anjovismunahyydyke, 137
Apple Omelette, 123
Asparagus:
  Omelette, 120
  Scrambled Eggs with, and Crayfish, 117
Aubergines:
  Baked, Mozzarella, Eggs and Tomatoes, 145
  Scrambled Eggs with, 116
Avgha me Kolokithakia, 122
Aumelette:
  d'Asperges, 120
  Farcie en Maigre, 127
  aux Pistaches, 129
Avocado, in California Omelette, 123

Bacon:
  Cheese and, Cream, 141
  Egg Croquettes with, 110
  and Eggs in a Mug, 93
  Fried Larded Milk, 141
Baked Eggs:
  the Antidame Way, 100
  Bacon and, in a Mug, 93
  Black Beans and, 96
  Butcher's Wife, 94
  with Calf's Brains, 94
  Cantal, 99
  in Cases with Mushrooms, 97
  in Cheesey Wild Rice, 96
  with Cream in Ramekins, 93
  in a Crust with Watercress, 98
  in Curds, 92
  Glaz'd with Cucumbers, 95
  Maria Luigia's, with Cheese, 93
  Mont-Bry Eggs, 96
  Mushroom, 103
  Navarre-Style, 97
  with Oysters Normandy, 94
  Rustic, 94
  on a Savoury Base, 99
  with Savoy Cabbage and Caraway, 95
  Slovakian-Style, 99
  with Soured Cream, 98
  Stuffed, 102
  on Toast, 98
  Tomatoes Stuffed with, 97
  Yolk Canapés, 99
Basil:
  Eggs Scrambled with Tomato and, 115
  Hard-Boiled Eggs with, and Parmesan Sauce, 105
Batter, Crêpe, 110
Beans:
  Black, and Eggs, 96
  Broad, Omelette, 122
  Lamb and Haricot, with Tuna, 139
  Runner, with Eggs, Georgian-Style, 121
  Steamed Egg Custard with, Curd, 137
BEATEN EGGS, 113-141
Beef, in Butcher's Wife Eggs, 94
Bel Paese Cheese, Pizza Casserole, 144
Bitto Cheese, Ravioli, 160
Blauwschuitjes, 150
Blue Cheese, Pastry Boats with, Cream, 150
Brains:
  Eggs with Calf's, 94
  Flat Omelettes with, Filling, 133
  Sheep, in Red Sauce, 90
Bread:
  in Pizza Casserole, 144
  Pudding with Sliced Cheese, 146
Bread Cases:
  Baked Eggs in a Crust with Watercress, 98
  Egg Yolk Canapés, 99
  Eggs with Soured Cream, 98
  Satchel Eggs, 117
Brie Cheese, Tart, 147
Brioche Baked with Cheese, 145
Brioche Dauphinoise, 145
Brocciu Cheese:
  and Mint Omelette, 130
  in Scrambled Eggs with Tomato Sauce, 115
Brouillade de Tomates au Basilic, 115
Butter Sauce, 144

Cabbage, Eggs Baked with Savoy, and Caraway, 95
Cakes, Chester, 152
Cantal Cheese, Eggs, 99
Caraway, Eggs Baked with Savoy Cabbage and, 95
Carp Roe Omelette, 127
Casserole:
  Egg and Spinach, 109
  Lamb and Haricot Beans with Tuna, 139
  Pizza, 144
  Swiss Egg, 108
Cauliflower Omelette, 122
Cervelle de Canut, 163
Cervelles Sauce Rouge, 90
Chachoucka, 116
Chard, *see* Swiss Chard
Cheddar Cheese:
  Baked Rarebit, 143
  Baked Rice and, 146
  Bondas, 161
  Cheese Custard, 141
  and Dandelion Roll, 154
  Farm, Patties, 152
  Farmhouse Macaroni and, 145
  Perfect, Soufflé, 152
  Pie, 147
  Pudding, 142
  Rum Tum Tiddy, Rink Tum Ditty, etc. (Old Boston-Style), 159
  Toasted, 159
  and Tomato Flan, 150
  Tomato, Soufflé, 156
  Welsh Rabbit (Rare-bit), 158
  Whirls, 152
CHEESE, 141-165
  and Bacon Cream, 141
  Bondas, 161
  Eggs with, Minorcan-Style, 89
  Melted, Rhodope-Style, 158
  in Vine Leaves, 160
  see also under individual cheeses and dishes
Cheese Balls:
  Bondas, 161
  Parmesan, 162
Cheese Custard, 141
  and Egg, 142
  Tarts, 151
Cheese Cutlets, Scamorza, 161
Chervil, Sorrel, Lettuce and, Omelette, 118
Cheshire Cheese:
  Chester Cakes, 152
  Filling, 152
  Pudding, 156
  A Scotch-Rabbit, 158
Chowder, New England Egg, 108
Coconut, Duck Egg Omelette with, 130
Corniottes, 151
Cotolette di Scamorza, 161
Cottage Cheese:
  Country, Pie, 150
  Curd or, 163
  Farmer's Loaf, 144
  Italian Cheese Pie, 149
  see also Cream Cheese; Curd Cheese
Courgettes:
  Eggs with, 122
  Omelette, 134
Court-Bouillon, 167
Crayfish, Scrambled Eggs with Asparagus and, 117
Cream:
  Cheese and Bacon, 141
  Eggs in, 89
  Eggs with, in Ramekins, 93
  Eggs Scrambled with, 113
  Eggs with Soured, 98
  Parmesan Bavarian, 143
  Savoury Egg, on Toast, 118
  see also Cream Cheese
Cream Cheese, Golden Vale Savoury, Pudding, 144
  see also Cottage Cheese; Curd Cheese
Crème:
  au Lard, 141
  aux Oeufs sur Croûtes, 118
Croquettes:
  Egg, with Bacon, 110
  Egg and Chard, 140
  Fried Cheese Squares, 162
  see also Cheese Balls; Cheese Cutlets
Cucumbers, Eggs Glaz'd with, 95
Curd Cheese:
  Baked Eggs in Curds, 92
  Basic, 166
  Beaten, with Herbs, 163
  Cheese Pasties, 151
  or Cottage Cheese, 163
  Country, Pie, 150
  Dumplings Moravian-Style, 163
  and Egg Custard, 142
  Golden Vale Savoury, Pudding, 144
  and Herb Tart, 147
  see also Cottage Cheese; Cream Cheese
Custard, *see* Cheese Custard; Egg Custard

Dandelion:
  Cheese and, Roll, 154
  Scrambled Eggs with, 116
Double Gloucester Cheese, Ramequins, 156
Duck:
  Egg Omelette with Coconut, 130
  Rouen Omelette, 128
Dumplings, Curd Cheese, Moravian-Style, 163
Dunlop Cheese, A Scotch-Rabbit, 158

Egg:
  Baked Aubergine, Mozzarella, and Tomatoes, 145
  in Caul, 111
  Golden Tripe, 138
  in a Greatcoat, 111
  Mystery, 134
  Polenta Baked with Ham and Beaten, 138
  Sauce, 109, 134, 140
  Sausage, 140
  Savoury, Cream on Toast, 118
  Symphony, 131
  see also under individual egg methods (Hard-Boiled; Mollet; Poached etc.)
  and egg dishes (Baked; Omelette; Pie etc.)
Egg Custard:
  Anchovy and, 137
  Cheese and, 142
  Fried Larded Milk, 141
  Mother Poustiquet's Timbales, 136
  Steamed, with Bean Curd, 137
  see also Cheese Custard; Mould
Eier auf Slowakische Art, 99

Emmenthal Cheese:
Baked Eggs in Cheesey Wild Rice, 96
Brioche Baked with Cheese, 145
Geneva Fondue, 157
Geneva, Fritters, 162
Semolina Soufflé with Cheese, 154
Soufflé, 155
Swiss, Soufflé, 155
Two-Cheese Filling, 149

Feta Cheese:
Fried Stuffed Peppers with, 160
Grilled over Charcoal, 161
Melted Cheese Rhodope-Style, 158
the Shopski Fashion, 142
Fillings and Stuffings:
Cheese and Salami, 126
Cheshire, 152
Mushroom Duxelles, 153
Ricotta, 135
Roquefort, 148
Sorrel, 131
Two-Cheese, 149
Fines Herbes, Poached or Mollet Eggs with, 88
Flamiche à l'Ancienne, 148
Flan, *see* Tart
Flans Suisses au Fromage, 151
Fondue:
Belley, 113
Cheese, with Truffles, 157
Geneva, 157
Mother Tant Pis', 157
Scrambled Eggs with Cheese and Wine, 113
Fondue, La, 113
de Belley, La, 113
Bruxelloise, 162
Genfer, 157
de La Mère Tant Pis, 157
aux Truffes, 157
Fontina:
Eggs, Cheese and Truffle, 90
Fondue with Truffles, 157
Pizza Casserole, 144
Ravioli, 160
Fried Eggs:
Clementine, 100
with Prawn Sauce, 101
Spanish, 100
Stuffed, 100
Frittata, *see* Omelette, Flat
Frittata:
di Cavolfiore, 122
Fredda alla Rustica, 124
alle Mela, 123
colla Pietra di Vitella di Latte, 128
di Pomodori Verdi, 122
Ripiena alle Cervellate, 133
di Vermicelli in Bianco, 126
di Vermicelli Imbottita, 126
Fritters, Geneva Cheese, 162
Funghi alla Rapida con Uova, 90

Gâteau:
de Crespèus, 132
au Fromage d'Obwald, 149
Genfer Käsebeignets, 162
Ginger Paste, 101
Glarus, 158
Goat Cheese, A Strong Pot Cheese, 164
Gouda Cheese, A Scotch-Rabbit, 158
Gratin:
of Chopped Eggs, 109
of Hard-Boiled Eggs in Creamed Sorrel, 107
of Ricotta, 142
of Stuffed Omelette Rings, 135
Gratin:
d'Oeufs Durs à la Crème d'Oseille, 107
de Pommes de Terre au Reblochon, 146
Gravy, Eggs Baked in, 93
Green Sauce:
Eggs with, Herb, 88
Hard-Boiled Eggs with, 107
Griessschaum-Auflauf mit Käse, 154
Grilled Eggs with Mutton, 101
Gruyère:
and Bacon Cream, 141
Belley Fondue, 113
Bondas, 161
Bread Pudding with Sliced, 146
Cheese Pasties, 151
Cheese Soup, 158
Eggs with, 114
Fried, 159
Fried Cheese Squares, 162
Geneva Fondue, 157
Geneva, Fritters, 162
Grated Potato and, Omelette, 125
Ham and Cheese Pudding, 143
Melted Cheese Rhodope-Style, 158
Mother Tant Pis' Fondue, 157
Pasta Strips with Cheese, 146
Ravioli, 160
Scrambled Eggs with, and Wine, 113
Soufflé, 153
Swiss Eggs, 114
Tomato, Soufflé, 156

Haddock, Mollet Eggs with, 104
Ham:
and Cheese Pudding, 143
Egg Soufflé with or without, 139
Polenta Baked with, and Beaten Eggs, 138
Hanácké Noky, 163
Hard-Boiled Eggs:
Baked Stuffed, 102
with Basil and Parmesan Sauce, 105
Croquettes with Bacon, 110
Dot Heart, 111
Eggs in a Greatcoat, 111
A Fricassy of Eggs: Lady Powis's Receipt, 107
Gratin of Chopped, 109
Gratin of, in Creamed Sorrel, 107
with Green Sauce, 107
Hard-Cooked, Deep-Fried in Minced Pork Coating, 103
Ibiza, 105
Marie-Louise, 108
Meulemeester, 106
Mushroom Baked, 103
New England, Chowder, 108
Old-Fashioned, Pie, 110
in Onion Sauce, 105
Pie, 110
with Potatoes and Shallots, 109
Provence-Style, 104
Sautéed with Herbs, 106
and Spinach Casserole, 109
Stuffed, 102
Stuffed in Wine Sauce, 102
Sugared and Spiced Stuffed, 103
Swiss, Casserole, 108
Upside-Down, 104
Villemont, 106
see also Mollet Eggs
Hare, Omelette with Rabbit or Leveret Liver, 128
Herbs:
Beaten Curd Cheese with, 163
Cheese and, Tart, 147
Eggs with Green, Sauce, 88
Hard-Boiled Eggs Sautéed with, 106
A Rustic, Omelette, 120
Herring:
Eggs Poached on Tomatoes and Smoked, 91
Roe, Scots Omelette, 127
Hollandaise Sauce, 167
Huevos:
Fritos a la Española, 100
al Plato a la Navarra, 97
con Queso, 89

Kai Kuam, 104
Kidney, Veal, Omelette, 128
Kóya Mushi, 137

Lait Lardé, 141
Lamb and Haricot Beans with Tuna, 139
Lancaster County Egg Cheese, 164
Leek, Omelette, 121
Lettuce:
Omelette, 119
Sorrel, and Chervil Omelette, 118
Liver:
Omelette with Rabbit or Leveret, 128
Rouen, 128

Maaquouda aux Crevettes, 139
Macaroni, Farmhouse, and Cheese, 145
Maroilles Cheese, An Old-Fashioned Cheese Pastry, 148
Masala, 101
Milk, Fried Larded, 141
Mint, Brocciu and, Omelette, 130
Mollet Eggs:
with Haddock, 104
Poached or, with Fines Herbes, 88
see also Hard-Boiled Eggs
Mould:
Egg, with Rémoulade Sauce, 112
Eggs Poupette, 137
Farmer's Wife Egg Loaf, 136
Parmesan Egg Timbales, 136
see also Egg Custard
Mozzarella:
Baked Aubergine, Eggs and Tomatoes, 145
Cheese and Salami Filling, 126
Pizza Casserole, 144
Scamorza Cheese Cutlets, 161
Mushrooms:
Baked Eggs, 103
Dried, Omelette, 123
Duxelles, 153
Eggs in Cases with, 97
Feydeau's Omelette, 130
Quickly Prepared, with Eggs, 90
Mustard, Scrambled Eggs with, 115
Mutton, Grilled Eggs with, 101

Nelle Savoyarde, 143

Oeufs:
à la Bonne Suisse, 114
Brouillés à la Crème, 113
Brouillés Panachés, 117
Brouillés Sauce Tomate, 115
à la Cantalienne, 99
à la Clémentine, 100
en Cocotte Sagan, 94
en Cocottes au Jus, 93
à la Crème en Cocotte, 93
en Crépines, à ce que l'on Veut, 111
du Docteur, 112
Durs aux Épinards, 109
Durs à la Farce, 107
Durs au Pistou, 105
Durs aux Pommes de Terre et aux Échalotes, 109
Durs Villemont, 106
Farcis à la Bourguignonne, 102
Farcis au Sucre, 103
Frais Soufflés avec ou sans Jambon, 139
Francis Picabia, 114
au Fromage, 114
Fromage et Truffe, 90
au Gratin, 99, 103, 109
Gratinés, 102
à l'Intrigue, 134
au Jus d'Oseille, 88
Marie-Louise, 108
en Matelote, 92
Meulemeester, Les, 106
Mollets Fines Herbes, 88
à la Mont-Bry, 96
à la Négligence, 106

à la Parmesane, 136
sur le Plat à la Bouchère, 94
au Plat à la Normande, 94
Pochés en Meurette Bourguignonne, Les, 91
Poupette, 137
à la Provençale, 104
à la Robert, 115
Rustiques, Les, 94
à la Tripe, 105
Olives, in California Omelette, 123
Omelette:
Aletti, 129
au Brocciu et à la Menthe, 130
aux Cèpes Secs ou aux Mousserons Secs, 123
aux Courgettes, 134
Farcies à la Suisse, 131
de Fèves Vertes, 122
Feydeau, 130
aux Fines Herbes, 121
au Four (Épinards, Oseille), 135
de Foye de Lapin ou de Levrau, 128
à la Gendarme, 135
aux Huîtres, 127
d'Isidore ou "Crique", L', 125
Lyonnaise, 121
Markode, 125
Niçarde aux Épinards, 120
Niçoise à la Blette, 119
aux Oeufs Crus, 132
à l'Oseille, 118
à la Paysanne, aux Herbes, 120
aux Poireaux, 121
aux Pommes de Terre Crues, 125
Rouennaise, 128
Omelette Assemblies:
Cold, Loaf, 132
Courgette, 134
Gratin of Stuffed, Rings, 135
Mystery, 134
Sorrel Sandwich, 135
Omelette, Filled or Stuffed:
Broad Bean, 122
California, 123
Egg Symphony, 131
Feydeau's, 130
Flat, with Brain Filling, 133
Leek, 121
Lettuce, 119
Oyster, 127
Rouen, 128
Scots, 127
Stuffed Spaghetti, 126
Swiss Stuffed, 131
see also Omelette, Flat; Omelette, Rolled
Omelette, Flat:
Apple, 123
Asparagus, 120
Cannes, 119
Carp Roe, 127
Catalan, 129
Cauliflower, 122
Cold Frittata Country-Style, 124
Duck Egg, with Coconut, 130
Eggs with Courgettes, 122
Fricasséed Eggs, 134
Frittata of Green Tomatoes, 122
Grated Potato, 125
Grated Potato and Cheese, 125
Hangtown Fry, 128
Iraq Walnut, 130
Isidore's, 125
Lyons Onion, 121
Mashed Potato, 125
Pistachio, 129
Plain Spaghetti, 126
Roman, 124
Runner Beans with Eggs, Georgian-Style, 121
A Rustic Herb, 120
Shrimp and Potato Baked, 139
Sorrel, 118
Sorrel, Lettuce and Chervil, 118
Spanish, 124
Spinach, from Nice, 120
Toasted, 118
see also Omelette, Stuffed:
Omelette, Rolled:
Brocciu and Mint, 130
Dried Mushroom, 123
Parsley and Anchovy, 121
with Rabbit or Leveret Liver, 128
Raw Egg, 132
Swiss Chard, from Nice, 119
Veal Kidney, 128
Omelette, Soufflé:
Baked Spinach and Sorrel, 135
Vodka, 129
see also Soufflé
Onion:
Eggs in , Sauce, 105
Lyons, Omelette, 121
Ova Frictellate Piene, 100
Ovi:
alla Fracassè, 134
in Sublisi, 140
Oysters:
Eggs Baked with, Normandy, 94
Hangtown Fry, 128
Omelette, 127

P*ain d'Oeuf à la Fermière*, 136
Pain d'Oeufs:
Sauce Rémoulade, 112
à la Villageoise, 142
Paradais Rosii Umplute cu Oua, 97
Parmesan Bavarois, 143
Parmesan Cheese:
Aunt Carla's Tart, 151
Balls, 162
Bavarian Cream, 143
Cheese Roll, Four Ways, 153
Custard Tarts, 151
Egg Timbales, 136
Fried Cheese Squares, 162
Ham and Cheese Pudding, 143
Hard-Boiled Eggs with Basil and, Sauce, 105
Maria Luigia's Eggs with, 93
Pasta Strips with Cheese, 146
Semolina Soufflé with Cheese, 154
Swiss Soufflés, 154
Parsley and Anchovy Omelette, 121
Pasta:
Strips with Cheese, 146
see also Macaroni, Ravioli, Spaghetti
Pasties, Cheese, 151
Pastry:
Boats with Blue Cheese Cream, 150
Cheese Whirls, 152
An Old-Fashioned Cheese, 148
Rich Shortcrust, 149
Rough-Puff, 166
see also Tart, Pasties, Pie
Pâté aux Oeufs, 110
Pecheno Sirene po Shopski, 142
Pie:
Cheese, 147
Country Cheese, 150
Egg, 110
Italian Cheese, 149
Old-Fashioned Egg, 110
Sausage and Egg, 138
Pistachio Omelette, 129
Pisto a la Bilbaína, 116
Pizza Casserole, 144
Pizza Rustica, 149
Pizza-Soufflé, 144
Poached Eggs:
with Cheese, Minorcan-Style, 89
Cheese and Truffle, 90
in Cream, 89
in Creole Sauce, 88
Doctor's Eggs, 112
with Green Herb Sauce, 88
with Mixed Vegetables, 89
or Mollet, with Fines Herbes, 88
Peasant-Style, 89
Quickly Prepared Mushrooms with, 90
Sheep Brains in Red Sauce, 90
with Sorrel Juice Sauce, 88
in Tomatoes, 90
on Tomatoes and Smoked Herring, 91
in Wine, 92
in Wine Burgundy-Style, 91
in Wine Sauce, 92
Polenta Baked with Ham and Beaten Eggs, 138
Polenta Pastizada con Prosciutto e Uova Battute, 138
Pork, Hard-Cooked Eggs Deep-Fried in Minced, Coating, 103
Potatoes:
Grated, and Cheese Omelette, 125
Grated, Omelette, 125
Hard-Boiled Eggs with, and Shallots, 109
Mashed, Omelette, 125
Scalloped, with Reblochon, 146
Shrimp and, Baked Omelette, 139
Prawn, Eggs with, Sauce, 101
Pudding:
Bread, with Sliced Cheese, 146
Cheddar Cheese, 142
Cheese, 156
Golden Vale Savoury, Cheese, 144
Ham and Cheese, 143
Pulneni Chushki sus Sirene, 160

Quark, Curd Cheese Dumplings Moravian-Style, 163
Quiche, *see* Tart

Rabbit:
Omelette with, or Leveret Liver, 128
see also Rarebit
Raclette, 159
Ramequin mit Käsescheiben, 146
Ramequins, 156
Rántotta Törökparadicsommal, 116
Râpée, La, 125
Rarebit or Rabbit:
Baked, 143
Rum Tum Tiddy, Rink Tum Ditty, etc. (Old Boston-Style), 159
A Scotch, 158
Welsh (Rare-bit), 158
Ravioli, Cheese, 160
Reblochon Cheese, Scalloped Potatoes with, 146
Revuelto de Huevos a la Vasca, 115
Rice, Baked, and Cheese, 146
Ricotta Cheese, 164
Filling, 135
Gratin of, 142
and Herb Tart, 147
Italian, Pie, 149
Ricotta Gratinata, 142
Roe:
Carp, Omelette, 127
Scots Omelette, 127
Roll:
Cheese and Dandelion, 154
Cheese, Four Ways, 153
Roquefort Cheese:
Filling, 148
Quiche, 148
Rossi d'Uovo al Canapè, 99
Salami, Cheese and, Filling, 126
Sauce:
A Basic White, 167
Butter, 144
Egg, 109,134, 140
Egg Mould with Rémoulade, 112
Eggs with Green Herb, 88
Eggs in Onion, 105
Eggs Poached in Creole, 88
Eggs with Prawn, 101
Hard-Boiled Eggs with Basil and Parmesan, 105

Hollandaise, 167
Poached Eggs with Sorrel Juice, 88
Poached Eggs in Wine, 92
Rémoulade, 112
Scrambled Eggs with Tomato, 115
Sheep Brains in Red, 90
Stuffed Eggs in Wine, 102
Tomato, 167
Velouté, 167
Wine, 91, 92, 102
Sausage:
Egg, 140
and Egg Pie, 138
Sbrinz Cheese:
Tart from Obwalden, 149
Two-Cheese Filling, 149
Scamorza Cheese Cutlets, 161
Sciatt di Bitto, 160
Scrambled Eggs:
with Asparagus and Crayfish, 117
with Aubergines, 116
Basque-Style, 115
with Cheese, 114
with Cheese and Wine, 113
with Cream, 113
with Dandelion, 116
Francis Picabia's, 114
with Late Summer Vegetables, Bilbao-Style, 116
with Mustard, 115
Satchel Eggs, 117
Scrambles with Wild Rice, 117
in Stewed Vegetables, 116
Swiss, 114
with Tomato and Basil, 115
with Tomato Sauce, 115
with Tomme de Savoie, 114
see also Fondue
Semolina Soufflé with Cheese, 154
Shallots, Hard-Boiled Eggs with Potatoes and, 109
Shrimp and Potato Baked Omelette, 139
Sindirmiyo po Rodopski, 158
Sirene na Skara, 161
Sorrel:
Baked Spinach and, Soufflé Omelette, 135
Gratin of Hard-Boiled Eggs in Creamed, 107
Lettuce and Chervil Omelette, 118
Omelette, 118
Omelette, Sandwich, 135
Poached Eggs with, Juice Sauce, 88
Stuffing, 131
Soufflé:
Cheese, 153
Egg, with or without Ham, 139
Emmenthaler, 155
Perfect Cheddar Cheese, 152
Savoury Egg Cream on Toast, 118
Semolina, with Cheese, 154
Swiss, 154
Swiss Cheese, 155
Tomato Cheese, 156
see also Omelette, Soufflé
Soufflé au Fromage, 153
Soufflés à la Suissesse, 154
Soup, Cheese, 158
Spaghetti:
Plain, Omelette, 126
Stuffed, Omelette, 126
Spinach:
Baked, and Sorrel Soufflé Omelette, 135
Creamed, 165
Egg and, Casserole, 109
Omelette from Nice, 120
STANDARD PREPARATIONS, 165-167
Stilton Cheese, A Scotch-Rabbit, 158
Stock, Basic, 165
Stuffed Eggs, *see* Hard-Boiled Eggs
Stuffing, *see* Filling and Stuffings
Sweet Peppers, Fried Stuffed, with Cheese, 160
Swiss Chard:
Cannes Omelette, 119
Egg and, Croquettes, 140
Omelette from Nice, 119
Symphonie d'Oeufs, 131

T*agliarini al Formaggio*, 146
Tajine au Thon à l'Huile, 139
Tart and Tartlets:
Aunt Carla's, 151
Brie, 147
Cheese Custard, 151
Cheese and Herb, 147
Cheese, from Obwalden, 149
Cheese and Tomato Flan, 150
Farm Cheese Patties, 152
Pastry Boats with Blue Cheese Cream, 150
Roquefort Quiche, 148
see also Pastry
Tarte:
Aveyronnaise, 148
Bourbonoise, 147
de Bry, 147
Telur Dadar Padang, 130
Tilsit Cheese, Fried, 159
Timbale, *see* Mould
Timbale de la Mère Poustiquet, La, 136
Toast:
Eggs on, 98
Eggs Slovakian-Style, 99
Eggs with Soured Cream, 98
Savoury Egg Cream on, 118
Tomatoes:
Baked Aubergine, Mozzarella, Eggs and, 145
Cheese and, Flan, 150
Cheese Soufflé, 156
Eggs Poached in, 90
Eggs Poached on, and Smoked Herring, 91
Eggs Scrambled with, and Basil, 115
Frittata of Green, 122
Sauce, 167
Scrambled Eggs with, Sauce, 115
Stuffed with Eggs, 97
Tomme de Savoie Cheese:
Brioche Baked with Cheese, 145
Eggs with, 114
Torta:
di Salsiccia, 138
della Zia Carla, 151
Tortilla:
a la Catalana, 129
Murciana, 124
Tortino di Melanzane e Mozzarella, 145
Tourte d'Oeufs à l'Ancienne, 110
Tripe, Golden, 138
Trucca Cannoise ou Trouchia, 119
Truffle, Eggs, Cheese and, 90
Tuna, Lamb and Haricot Beans with, 139

U*ova:*
in Camicia al Vino, 92
al Formaggio alla Maria Luigia, 93
alla Giardiniera, 89
al Pomodoro, 90
Ripiene, 102
alla Romana, 124
alla Salsa di Gambero, 101
in Surtout, 111
Uovi:
alla Crema, 89
al Formaggio, 114

Veal Kidney Omelette, 128
Vegetables:
Eggs with Late Summer, Bilbao-Style, 116
Eggs with Mixed, 89
Eggs in Stewed, 116
Velouté Sauce, 167
Vine Leaves, Cheese in, 160
Vodka Omelette, 129

W*aadtländer Käseauflauf*, 155
Walnut, Iraq, Omelette, 130
Watercress, Baked Eggs in a Crust with, 98
White Sauce, A Basic, 167
WHOLE EGGS, 88-112
Wild Rice:
Baked Eggs in Cheesey, 96
Scrambles with, 117
Wine:
Eggs Poached in, 92
Eggs Poached in, Burgundy-Style, 91
Eggs Poached in, Sauce, 92
Sauce, 102
Scrambled Eggs with Cheese and, 113
Stuffed Eggs in, Sauce, 102

Y*aitza na Ochi po Selski*, 89
Yuk Yerng Chung-Dahn, 103

General Index/Glossary

Included in this index are definitions of many of the culinary terms used in this book: definitions are in italics. The recipes in the Anthology are listed in the Recipe Index on page 168.

Ageing, cheese, 15; eggs, 9
Al dente: *Italian, literally translated as "to the tooth". Used to describe the texture of cooked pasta or vegetables, when they are firm to the bite, not too soft on the outside, and barely cooked through.*
Albumen, 5
Anchovies, 54, 64; as garnish, 34, 35, 38, 39; in tapenade, 40
Appenzell, 15, 16
Aromatic vegetables, for jellied stock, 46-47; in scrambled eggs, 52
Aromatics: *all substances—such as vegetables* (q.v.), *herbs and spices—that add aroma and flavour to food when used in cooking.*
Artichokes, 50, 62; as egg cases, 31, 36, 39, 40-41
Asparagus, 54, 62; as garnish, 34, 35, 39; in scrambled eggs, 49, 50
Aspic, eggs in, 31, 46-47
Aubergines, 52, 72
Bacon, in cheese custard, 70; dripping, for frying, 20
Bacteria, in duck eggs, 6; lactic acid, 6, 10, 12, 14
Bain-marie, egg in ramekins, 19, 28-29; for hollandaise sauce, 32; for melting cheese, 74; for omelette loaf, 65, 67; for savoury custard, 70-71; for scrambled eggs, 50-51; for soufflés, 80, 81
Baking, blind, 37, 74, 75; bread cases, 37; cheese casserole, 73; cheese custard, 70-71; cheese pie, 75; cheese tart, 75; duck eggs, 6; eggs, 19, 28-29; macaroni cheese, 86; pastry cases, 37; soufflé, 76, 78-79, 81
Banon, 12, 13, 16
Basil, 52-53
Baskets, in cheese-making, 6
Battery farming, 5
Beaufort, 15, 16
Beer, in cheese fondue, 82; in Welsh rabbit, 82
Bel Paese, 16
Blanch: *to plunge food into boiling water for a short period. Done for a number of reasons: to remove strong flavours, such as the excess saltiness of some bacon; to soften vegetables before further cooking; to facilitate the removal of skins or shells. Another meaning is "to whiten".*
Blanched almonds: *almonds that have been peeled by blanching (q.v.).*
Bleu d'Auvergne, 12, 16
Blue cheeses, 7, 13; in cooked dishes, 72, 74, 78; wine for, 7
Boerenkaas, 14, 16
Boiled eggs, see Hard-boiled eggs, Mollet eggs, Soft-boiled eggs
Boiling, artichoke bottoms, 36; eggs, 19, 23; eggs, for shelling, 9, 24-25
Bones, for aspic, 46
Boning, anchovies, 35
Bouquet garni: *bunch of mixed herbs—the classic three being parsley, thyme and bay leaf—used for flavouring sauces and stews.*
Brandy, 7, 40
Bread, cases for eggs, 31, 36, 37, 38; in cheese casserole, 72-73; croûtons, 51; fingers, on omelette, 62-63; for fondues, 82; with leaf-wrapped cheese, 85; for Welsh rabbit, 82
Breadcrumbs, 31, 38; on cheese cubes, 84; on croquettes, 44-45; on omelettes, 56, 60, 62-63, 64; sautéed 42-43
Brie, 6, 7, 12, 13, 16, 69; in cheese flan, 74; in macaroni cheese, 86
Brine, 6, 7, 13
Broad beans, 34
Broccio, see Brousse
Brocciu, see Brousse
Brousse, 16
Brown ale, in Welsh rabbit, 82
Bunyard, Edward, 6
Buoyancy test for eggs, 8-9
Burrino, 14, 15, 16
Butter, 69; in cheese casserole, 72; in egg fondue, 52-53; in hollandaise sauce, 32-33; in omelettes, 54, 55, 58, 60, 62; in scrambled eggs, 50; in soufflé roll, 78
Buttermilk, 10
Buying cheese, 7
Cacetto, see Burrino, 16
Caerphilly, 14, 15, 16
Calf's feet, for aspic, 46
Camembert, 6, 7, 12, 13, 16, 74
Cantal, 7, 15, 16
Capers, in tapenade, 40
Carp roe, 54
Carrots, 47
Casein, 6
Cases, for cheese, 74-75; for eggs, 36-37, 38, 39, 40
Casserole, cheese, 68, 69, 72-73
Celery, 47
Chabichou, 12, 16
Chaource, 16
Chard, 42, 60
Charlotte mould, 70
Cheddar, 7, 14, 15, 16, 72, 74; in cheese sauce, 32; fondue, 82; gratin finish, 38, 40-41, 64; in soufflé, 80-81; in Welsh rabbit, 82
Cheese, 6-7, 69; buying and storing, 7; casserole, 68, 72-73; cubes, 84-85; custard, 11, 70-71; derivation of names, 6; fondue, 69, 82-83; glossary, 16; guide to hard, 14-15; guide to soft, 12-13; leftovers, 86; in pastry cases, 74-75; sauce, 32, 69, 70; serving with wine, 7; soufflés, 76, 81; see also individual cheeses and dishes
Chervil, 50, 54
Cheshire, 7, 14, 16
Chicken, 64, 70
Chili peppers: *numerous varieties of small, finger-shaped hot peppers, native to tropical America and the West Indies.*
Chives, 54
Cider, 13
Coating, with egg and breadcrumbs, 84
Cocottes, see Ramekins
Coddling, 23
Colour, egg yolks and shells, 5
Comté, 14, 16
Cooked cheeses, 14
Copper bowl, for beating egg whites, 58, 59, 77, 81
Corn oil, 22, 84
Cornflour, 82
Cottage cheese, 6, 16, 70, 78
Coulommiers, 16; in macaroni cheese, 86
Courgettes, 50, 52, 70, 78; shredded in omelettes, 60-61, 64, 65
Cow's milk cheese, 12
Cream, 11, 34, 35, 62, 69; with baked eggs, 28; with cheese custard, 70-71; in cheese flan, 74; in omelettes, 58; sauce, as omelette garnish, 54; with shirred eggs, 20, 21; on soufflés, 80, 81; in white sauce, 32, 38, 39, 40-41, 56, 64
Cream cheese, 16, 69, 78
Crème fraîche: *slightly ripened, sharp-tasting double cream widely available in France. The nearest equivalent is fresh double cream, which can be substituted in most recipes where crème fraîche is required.*
Croquettes, egg, 31, 44-45
Crottin de Chavignol, 12, 16
Croûtons: *small cubes of bread fried in butter and used as garnish*; 51
Cubes, deep-fried cheese, 69
Curd cheese, 5, 12, 16; making, 10-11; savoury custard, 69, 70-71
Curdling, 6, 10
Custard, cheese, 69, 70-71
Danish Blue, 16
Dauphin, 13, 16
Deep-fried eggs, 31; assemblages, 38, 39
Deep frying, cheese, 84-85; eggs, 19, 22
Derby, 16; sage, 14, 17
Desserts, omelettes, 58
Doctor's eggs, 7
Double Gloucester, 14, 16
Dough, shortcrust, 37; see also Shortcrust pastry
Duck eggs, 5-6
Duxelles, 78
Edam, 14, 16
Edelpilz, 12, 16
EEC regulations, eggs, 8-9, 23
Egg whites, crisping by deep frying, 22; effects of ageing, 9; in soufflé omelettes, 49, 58, 59; in soufflés, 76-77, 78, 80-81; stuffed, 40-41; see also Eggs
Egg yolks, colour, 5; effects of ageing, 9; for glazing, 75; in hollandaise sauce, 32; in soufflé omelettes, 49, 58; in soufflés, 76-77, 78, 80-81; in stuffing, 40; to thicken sauce, 42, 43, 44, 62; see also Eggs
Eggs, 5-6, 19, 31, 49; in aspic, 30, 46-47; assemblages, 38-39; baking, 21, 28-29; boiling, 23-25; with cheese, 69, 70, 72, 74-75; coating with breadcrumbs, 84-85; containers for, 36-37; croquettes, 44-45; frying, 9, 18, 19, 20-22; garnishes for, 34-35; grading, 8-9, 23; omelettes, 48, 54-67; poaching, 9, 19, 26-27; sauces for, 32-33, 42-43; scrambled, 50-53; serving with wine, 7; stuffing and dressing, 40-41; see also Egg whites, Egg yolks, individual methods and dishes
Electric food processor, 34, 39
Emmenthal, 6, 14-15, 16, 82; in cheese fondue, 82; in macaroni cheese, 86
Feta, 16
Filling, for omelettes, 49, 56-57, 62; for soufflé roll, 78-79
Fines herbes: *mixture of finely chopped fresh herbs that always incorporates parsley plus one or more other herbs, such as chives, tarragon and chervil*; in omelettes, 54, 65
Fish, 64
Flans, see Tarts
Flat omelettes, 60-61; loaf, 65-67; sandwich, 62-63
Folding, omelettes, 54-55, 58
Fondue, cheese, 69, 82-83; à la Comtoise, 7; egg, 52-53
Fontina: 15, 16, 72, 74; fried in breadcrumbs, 84-85
Food mill, 34, 39
Fourme d'Ambert, 13, 16
French beans, 34
Freshness, boiled eggs, 23; poached eggs, 19, 26; tests for eggs, 8-9
Friese Nagelkaas, 14, 16
Fruit juice, 10
Frying, croquettes, 44; eggs, 9, 18, 19, 20-21; see also Deep frying
Gaperon, 12, 16
Garlic, 33, 40, 47, 52, 65, 82
Garnishes, for egg dishes, 31, 34-35, 38; for omelettes, 56, 65
Gelatine, for aspic, 46
Gewürztraminer, 7
Ghee: *Indian cooking fat; either clarified butter or made from vegetable fats. It can be bought from Indian grocers and will keep for up to one year if refrigerated.*
Ginger, 74
Gjetost, 15, 16-17
Glazing, cheese pie, 75
Goat cheese, 7, 12, 17; cooked in vine leaves, 84-85
Goose eggs, 5
Gorgonzola, 12, 17
Gouda, 14, 17; in macaroni cheese, 86
Grading eggs, EEC sizes, 8-9, 23, 24
Grated cheese, 40-41, 69, 72, 74; with baked eggs, 28; in egg fondue, 52-53; in macaroni cheese, 86; for omelettes, 54, 56, 60, 61, 62, 63, 64; in soufflés, 76, 78, 80-81
Gratin: *the French term for a crust. Usually of cheese or breadcrumbs (though some gratins contain neither), it is formed by strewing the gratin ingredients over the food and placing the dish in a hot oven or under a grill so that the top crisps. The word is also used for a cooked dish—a "gratin"—that has such a finish;* eggs, 31, 38, 39, 40, 42, 43; macaroni cheese, 86; omelettes, 56, 60, 61, 62-63, 64
Grating, cheese, 69, 76, 81, 86
Green bacon: *unsmoked bacon*
Groundnut oil, 84
Gruyère, 7, 14, 17, 56, 69; in cheese sauce, 32; in egg fondue, 52; in fondue, 82-83; gratin finish, 40-41; in macaroni cheese, 86; in soufflé, 76-77, 78
Guinea-fowl eggs, 5
Gulls' eggs, 6
Ham, 34, 38, 44, 46, 60, 64, 70; in cheese pie, 74
Hard-boiled eggs, 19, 24-25, 31; with sauce, 42-43; stuffed, 40-41

Hard cheeses, 6, 14-15, 69, 76, 86; in fondues, 82
Harzerkäse, 13, 17
Hens, eggs, 5-6; rearing, 5; see also Eggs, etc.
Herbs, 11, 28, 33, 40, 42, 43, 44; in omelettes, 54, 58, 65; sauce for poached eggs, 26-27; in scrambled eggs, 52-53
Hollandaise, 32-33, 38
Hors d'oeuvre, 31
Jellied stock, for aspic, 46-47
Julienne: *French term for vegetables or other food cut into thin strips.*
Kefalotyri, 17; in macaroni cheese, 86
Kirsch, 83
Lactic acid, 6
Lactose, 15
Langres, 12, 17
Larousse Gastronomique, 31
Layered omelettes, 64-67
Leaves, to bake cheese in , 84; for storing cheese, 7
Leeks, 47
Leftovers, for macaroni cheese, 86
Lemon juice, in cheese-making, 10; in fried-egg pan juice, 20
Lettuce, 54; in cheese custard, 70, 71; leaves, to bake cheese in, 84
Leyden, 15, 17
Limberger, 12, 17
Livarot, 6, 13, 17
Loaf, omelette, 65-67
Local cheeses, 7
Macaroni cheese, 69, 86
Marinade (noun)**:** *seasoning mixture—usually liquid—with which food is coated or in which it is soaked prior to cooking. The usual mixture is oil and herbs plus an acidic ingredient such as vinegar, wine or lemon juice.*
Marinate (verb)**:** *to steep raw food in flavouring ingredients, often a liquid mixture, before cooking, in order to impart flavour to the food and, in the case of meat, to tenderize it.*
Marjoram, 50, 54, 61
Maroilles, 17
Maturing, cheese, 6
Meat, for jellied stock, 46
Milk, in cheese casserole, 72-73; in cheese custard, 71; curdled, in cheese-making, 10; in onion sauce, 42-43; pasteurized, 10; for poaching eggs, 26; in soufflé, 77, 80; in white sauce, 32-33
Mixed spice: *mixture of spices which usually includes cinnamon, nutmeg and cloves; often also allspice and coriander, and sometimes ginger. Not to be confused with mixed spices or pickling spices which also include herbs and pepper.*
Mollet eggs, 24, 30, 31, 56; in aspic, 46-47; in assemblages, 38, 39
Morels, 56; as garnish, 34, 35, 38
Mould, penicillin, 7, 12, 13
Moulds, for custards, 70-71; for omelette loaf, 65-67
Mozzarella, 7, 17; in casserole, 68, 72-73; in cheese pie, 74; in macaroni cheese, 86
Münster, 7, 13, 17
Murol, 13, 17
Mushrooms, 28, 44, 54, 65, 70, 78; puréed, 34, 39, 56
Muslin, in cheese-making, 10-11
Mustard, 82
Mysost, 6, 17
Oils, for deep frying, 22, 84
Olive oil, for deep frying, 22, 84-85; in tapenade, 40
Olives, 46, 65, 67; in tapenade, 40
Omelettes, 48, 49; filled, 52-53, 56-57; flat, 60-61; layered, 64, 65-67; loaf, 65-67; pan for, 49; rolled, 54-55; sandwich, 52-53; soufflé, 58-59; wine with, 7
Onions, 47, 52, 62, 65; sauce, 42-43
Opening, eggs, 23
Oregano, 54, 73
Pan-juice sauce, 21
Pans, for omelettes, 49
Parboil: *to cook food briefly in boiling water or stock in order to soften the food or to shorten its final cooking time.*
Parmesan, 6, 14, 15, 17, 69; in cheese casserole, 72; in cheese pie, 74; in cheese sauce, 32; gratin finish, 38, 39, 40-41; omelette topping, 56, 61, 62, 63; in soufflé, 76-77, 78, 81
Pasta, 72
Pasteurization, 6, 10
Pastry cases, for cheese dishes, 74-75; for eggs, 31, 36, 37, 38, 39
Peanut oil, 22
Peas, 28, 50, 78; puréed, 34, 40-41, 56, 65
Pecorino, 17
Penicillin mould, 7, 12, 13
Penne, 86
Peppers, see Sweet pepper
Pickled vine leaves, 84
Pie, cheese, 69, 74-75
Pig's trotters, for aspic, 46
Pistachio nuts, 54
Plastic-curd cheeses, 15
Plovers' eggs, 6
Poached eggs, 19, 24, 31; in aspic, 46; assemblages, 38, 39; omelette filling, 56-57; reheating, 26-27; wine with, 7
Poaching, egg freshness, 9, 19; eggs, 26-27
Pont-l'Évêque, 12-13, 17, 74
Port, 7
Port-Salut, 12, 13, 17, 72
Potatoes, 72; cases for eggs, 31, 36; flour, in fondues, 82-83
Pouligny-Saint-Pierre, 12, 17
Prawns, 70
Prosciutto: *Italian unsmoked ham, here refers to prosciutto crudo—raw ham (eg. Parma ham);* 38, 39, 46
Protein, cheese, 69, 82; egg, 5
Provolone, 15, 17; in cheese pie, 74
Purées, fillings, 40, 62; garnishes for eggs, 34, 38; potato, for egg cases, 36; tomato, 32, 33, 40; vegetable, for baked eggs, 28, 31
Quail eggs, 6
Quatre épices: *French term for a mixture of ground spices, usually pepper, nutmeg, cloves and either cinnamon or ginger, making four in all. The proportions vary from cook to cook but the pepper always predominates.*
Raclette, 69
Ramekins, 19, 28-29, 70, 71, 81
Reblochon, 7, 13, 17
Reduce: *to boil down a liquid to concentrate its flavour and thicken it to the consistency of a sauce;* sorrel purée, 35; wine, 52
Reheating, poached eggs, 26-27
Render: *to refine fat by melting the pure fat out of the fleshy tissues. Rendered fat, such as that from pork or goose, is used for cooking.*
Rennet, 6
Rice, 62, 72
Ricotta, 6, 17, 69, 70, 72; in cheese pie, 74; filling, for soufflé roll, 78, 79
Roasting, eggs, 28; juices, in egg fondue, 52
Romano, see Pecorino
Roquefort, 7, 13, 17
Roux: *cooked mixture of butter and flour used to thicken sauces;* 32, 38, 42-43, 77
Saffron: *spice from a species of crocus, used to impart a distinctive aroma and yellow colour to certain dishes. Sold in thread or powdered form;* 74
Sage Derby, see Derby
Saint-Marcellin, 12, 17
Saint-Nectaire, 7, 13, 17
Sainte-Maure, 12, 17
Samsoe, 15, 17
Sancerre (cheese), 7, 12, 17
Sancerre (wine), 7
Sauces, for baked eggs, 28; cheese, 32, 69, 70; for cheese casserole, 72; cream, 54; for eggs, 31, 32-33, 38; for fried eggs, 20-21; hollandaise, 32-33, 38; for omelettes, 56, 58; pan-juice, 21; for poached eggs, 26-27; for stuffed eggs, 40-41; tomato, 32-33, 38, 39, 40, 42, 70-71, 72-73; white, 32-33, 38, 40, 42-43, 44-45, 62, 70, 72, 78, 86; Worcester, 82
Sausage, in omelette, 60
Sauté: *to fry food in just enough oil or fat to prevent it from sticking;* artichoke bottoms, 36; asparagus, 35; breadcrumbs, 42; courgettes, 60, 61; croûtons, 51; mushrooms, 34; spinach, 39
Sauternes, 7
Scalded cheeses, 15
Scrambled eggs, 49, 50-51, 52-53
Seafood, 62
Seasoning, omelette pans, 49
Selles-sur-Cher, 12, 17
Separating, egg yolks and whites, 58, 77
Shallots, 78
Sheep cheeses, 12
Shelling, eggs, 24, 25
Shirring, eggs, 19, 20, 21
Shortcrust pastry, 36, 37; for cheese flan, 74-75; for cheese pie, 74-75
Shredding, cheese, 69; courgettes, 61; sorrel, 35
Shrimps, 62
Simmer: *to cook in liquid at just below boiling point, so that the surface of the liquid trembles but bubbles do not burst violently.*
Smoked cheese, 78
Soft-boiled eggs, 23
Soft cheeses, 6, 12-13, 69, 86
Sorrel, as garnish, 34, 35, 42-43; in omelettes, 54, 62, 64, 65-67
Soufflés, cheese, 69, 76-77, 80-81; filled roll, 78-79; omelettes, 58-59
Spinach, with baked eggs, 28-29; in cheese casserole, 72; creamed, 42; as garnish, 38, 39; leaves, to bake cheese in, 84; in omelettes, 60, 64, 65
Starters, cheese-making, 6
Steaming, eggs, 26
Stilton, 7, 12, 13, 17; in macaroni cheese, 86
Stock, 28, 42, 44; for aspic, 46-47; for poaching eggs, 26; skimming, 46
Storing, cheese, 7; eggs, 9
Stracchino, 17
Stuffing, hard-boiled eggs, 40
Sweat: *to cook vegetables in a little fat over a gentle heat in a closed vessel until they exude their juices. Often a preliminary to braising.*
Sweet chestnut leaves, for storing cheese, 7
Sweet pepper: *used to distinguish red or green bell peppers from the hotter chili pepper* (q.v.) *varieties of the pepper family;* 46, 52, 62, 64, 65; in filled soufflé roll, 78-79
Taleggio, 14, 17
Tapenade, 40
Tarragon, 26, 46, 54
Tarts, cheese, 69, 74-75
Thyme, 47
Tilsit, 14, 17
Toast, for Welsh rabbit, 82
Tomato sauce, 64; added to white sauce, 32, 38, 40; in cheese casserole, 72-73; with cheese custard, 70-71; with croquettes, 45; for eggs, 32-33, 38, 39, 42
Tomatoes, 28, 62, 74, 78; in omelettes, 62, 65; in scrambled eggs, 52-53
Tomme au Marc de Raisin, 12
Tomme de Saint-Marcellin, see Saint-Marcellin
Tomme de Savoie, 13, 17
Tossing, fried eggs, 18, 20; omelettes, 61
Truffles, 54; with scrambled eggs, 50, 51
Turkey eggs, 5
Unmoulding, cheese custard, 70; individual soufflés, 80; omelette loaf, 66
Valençay, 17
Veal, for aspic, 46
Vegetables, 31, with baked eggs, 19, 28-29; cases for eggs, 36; in cheese custard, 70; for jellied stock, 46-47; purée, 34, 40; in scrambled eggs, 49, 52; in soufflé roll, 78
Vine leaves, to bake cheese in, 84-85; for storing cheese, 7
Vinegar, in cheese-making, 10; in fried-egg pan juice, 20
Watercress, with eggs in aspic, 46
Welsh rabbit, 69, 82-83
Wensleydale, 15, 17
Whey, 6, 10, 12, 14, 15
Whisking, egg yolks, 32
White sauce, 32-33, 38; addition of tomato purée, 32, 38; binder for croquettes, 44-45; cheese flavoured, 32, 70, 72, 86; with hard-boiled eggs, 40, 42-43; with omelettes, 62; in soufflé, 78
Wild birds' eggs, 5, 6
Wild mushrooms, 34
Wine, 13, 26; in cheese fondue, 69, 82-83; in egg fondue, 52-53; poaching eggs in, 26, reducing, 52; serving with egg and cheese, 7
Worcester sauce, 82

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